



# Paleo Slow Cooker: Quick & Easy Gluten-Free Recipes for Busy Families

*Jennifer James*

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**The slow cooker revolution is back!**

Made popular in the 70's, it appears that with new technology and better appliances, that slow cooking is making a comeback.

And why not?

Slow cooking is awesome and what better way to prepare a meal than to chuck a load of ingredients in a crock pot, go about your business for the day, and come back to a delicious home cooked meal bursting with flavour and “mouth-watering” tenderness.

It doesn't get any easier than that.

**Slow cooking is also:**

- Energy efficient
- Convenient
- A huge money & time saver
- Great for getting your kids to eat nutritious meals

Combine the Paleo lifestyle with slow cooking and what do you have?

A quick, easy & convenient way to prepare “delicious” healthy meals for the whole family.

Welcome to Paleo Slow Cooking.

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