



Dump Dinner for Choosy & Busy People: 31 Healthy and Delicious Recipes that You Can Make in Less Than 30 minutes (Slow Cooker & Corckpot Recipes)

Claude Adkins

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Who wouldn't like to have the opportunity to prepare a new, fresh and healthy meal to share with their loved ones at the end of each long and tiresome day? Unfortunately, today, when we all have so many duties outside the family life, the time available to be spent in the kitchen has diminished dramatically. For this reason, we all need a little "cooking help" – one that comes in the form of Dump Dinner for Choosy & Busy People: 31 Healthy and Delicious Recipes that You Can Make in Less Than 30 minutes, a small cookbook that contains no less than 31 different recipes, which can be prepared in the shortest time.

The e-book is dedicated to all those who, for different reasons, find themselves in a period of their lives in which time is not their best friend: students who are far from their pampering mothers, busy workaholics for whom cooking from scratch is a luxury, or anyone who simply does not like to lose their time laboring for hours on a hot stove.

Here is a preview of what you will learn from this book:

- The concept of "dump dinner" and what it implies
- How and when could dump recipes come in handy
- How to prepare 4in1 recipes: easy, fun, healthy and delicious
- Varied recipes to meet everyone's taste: soups, with and without meat, seafood and desserts
- When is each recipe recommended

All these and many others are explained in this book in a very concise way, but with enough details even for those who are making the first steps in cooking.

Be smart, eat fresh and healthy, and make use of your time and money wisely. Find out how by downloading this e-book right now.

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Robert Warden:

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