



From Your Freezer To Your Family: Slow Cooker Freezer Recipes

Mrs. Stephanie Brandt Cornais

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From Your Freezer To Your Family: Slow Cooker Freezer Recipes Mrs. Stephanie Brandt Cornais
*A NEW From Your Freezer To Your Family cookbook is now available! All the original recipes were tested and re-tested by an army of moms over a period of two years and updated to perfection. AND I added a ton of new recipes. OVER 75 recipes in the new cookbook and they are all grain-free, gluten-free, dairy-free, corn-free and legume-free. Visit MamaAndBabyLove.com/shop/ to buy the new cookbook! ** This cookbook is full of Slow Cooker Freezer Recipes that you chop, assemble and freeze. Then the day you want to cook it, you just dump it in your slowcooker. Fill your freezer in two hours or less. What I do is the combination of the easiest type of freezer cooking, which is meals that only require assembly and no cooking on your actual cooking day by using the slow cooker, which allows you to walk away and mostly forget about it until it's time to eat. So in a couple of hours, you can prepare a months worth of meals and fill your freezer with real food meals. My book also covers why these recipes are healthy and what exactly healthy really means. Over the past ten years, I have tried every healthy fad out there from veganism to Weight Watchers to lose weight and become truly healthy. When I read Nourishing Traditions, I felt like I was home. My book is heavily influenced by the Weston A. Price Foundation and Nourishing Traditions. In my book, you will learn very basic intro information about how to transition your way of cooking into a Real Food one. My recipes are 99% grain free, gluten free and dairy free. So, not only do I hope these recipes make you healthier, feel better and lose weight, I hope you enjoy the amount of time it will save you in your life! If it weren't for these meals I don't know how I would get healthy dinners to the table every night.

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