



**The Skinny Slow Cooker Soup Recipe Book:
Simple, Healthy & Delicious Low Calorie Soup
Recipes For Your Slow Cooker. All Under 100, 200
& 300 Calories.**

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#1 Amazon Best Selling Author

The Skinny Slow Cooker Soup Recipe Book

Simple, Healthy & Delicious Low Calorie Soup Recipes For Your Slow Cooker. All Under 100, 200 & 300 Calories.

Slow cookers are one of the most versatile appliances in the kitchen. They allow us to cook almost anything but perhaps one of the most rewarding, healthy and simplest of dishes that the slow cooker can create is soup.

The Skinny Slow Cooker Soup Recipe Book is packed with 70 simple, tasty, low calorie recipes for your slow cooker. Offering tips and inspiration, the book guides you through a range of delicious soup ideas for your slow cooker. From traditional family favourites to new and interesting ideas which will change the way you think about soup..... and **all under 100, 200 or 300 calories.**

Focusing on healthy fresh ingredients our skinny soups are perfect as part of a balanced diet and can be instrumental in helping you lose weight or maintain your figure without compromising on flavour, taste or leaving you feeling hungry. Making them the perfect partner to any calorie controlled diet.

If you are looking for some new ideas for soup making to help you lose weight, control your diet or to serve up a healthy balanced dish for your family then you will find inspiration here.

Recipes include:

Three Bean Soup Simple

Lentil Soup

Sweet Potato & Orange Soup

Honey & Carrot Soup

Easy Cauliflower Cheese Soup

Watercress & Blue Cheese Soup

Celeriac Soup Creamy

Mushroom Soup

Classic Chicken Soup

Chicken & Leek Soup

Chicken & Sweetcorn Soup

Chicken, Basil & Pepper Soup

Oriental Chicken & Rice Soup

Vegetable & Chicken Broth

Creamy Chicken & Sweetcorn Soup

Spicy Beef Soup
Pea & Ham Soup
Oriental Pork Soup
Barley,
Lamb & Vegetable Broth
Creamy Crab & Rice Soup
Smoked Haddock Soup
Hot & Sour King Prawn Soup
Porcini Noodle Soup
Prawn & Coconut Cream Soup
Pork & Beansprout Noodle Soup

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From reader reviews:

Angela Hurd:

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