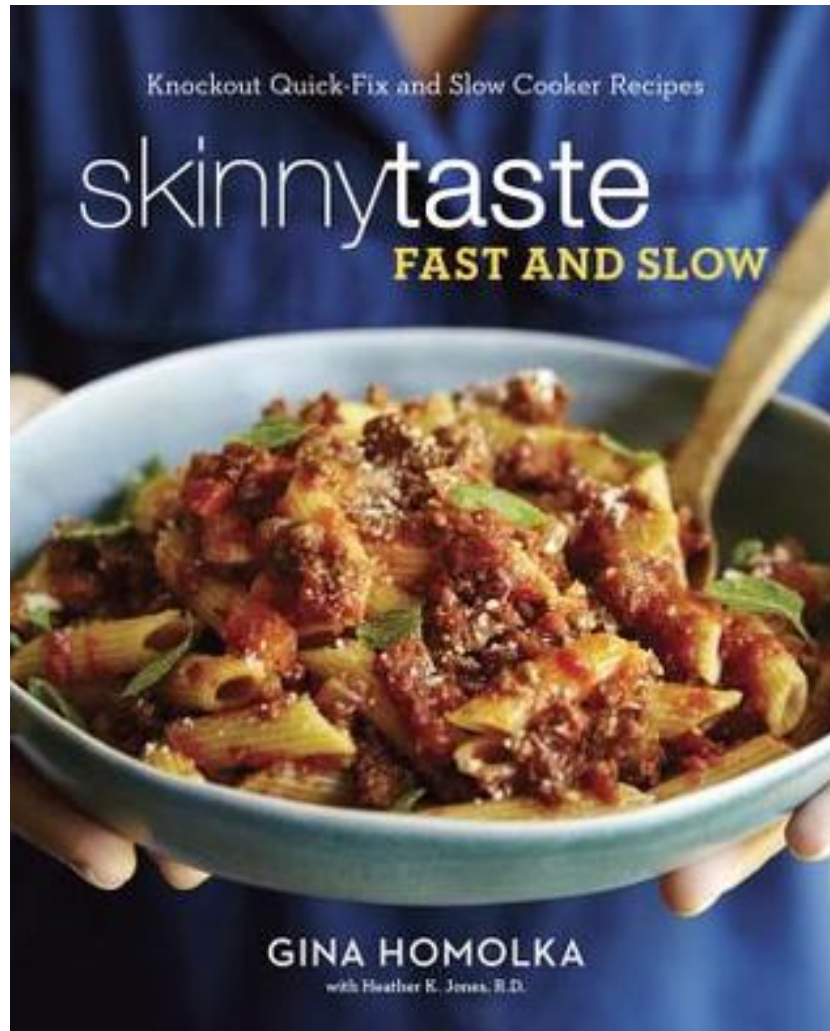


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By:
Gina Homolka

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What people Say:

Leah Craig

This one looks just as delicious as the other one! Though I'll admit the "fast" part of this cookbook just looks like regular recipes, they don't seem to be significantly quicker to make than the recipes from her first book. Still looks absolutely delicious and I love all the slow cooker options! I can't wait to get this one!

Kristie

I really enjoyed this cookbook. I love using my slow cooker on busy days and there are several recipes here that I'd like to try. I like that the nutritional information is added for each recipe.

You will need to determine which recipes fit into your version of a healthy diet. Do you avoid cheese or dairy, red meat, etc?? They're in there. This isn't necessarily a low cholesterol or fat or gluten cookbook. It is just a generally healthy recipe cookbook, making it pretty well-rounded. You just ne

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Vicki Willis

This cookbook had a lot of different recipes that would either be ready quick or go in the crockpot. There was a good variety of things that my family would actually eat. It uses ingredients I often already have in the cupboards and isn't very complicated cooking. There were nice pictures with almost every recipe. The only thing is that there were quite a few recipes that I felt were not very weight loss friendly. I had been looking forward to the fact that the author used to be affiliated with W

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Shelby *trains flying monkeys*

I've sorta followed Gina's blog SkinnyTaste for several years. Everything that I've made of her recipes has always been a pretty much hit or near hit..so when I saw this cookbook the drooling started. Plus, since starting the new job I have no time for reading or cooking..and that slow cooker part of the book sounded like pure win.

Drool worthy isn't it?

And these recipes aren't as fat padding as the stuff I normally cook. I don't get the evil eye from the husband and boy child because her recip

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Drool worthy isn't it?

And these recipes aren't as fat padding as the stuff I normally cook. I don't get the evil eye from the husband and boy child because her recipes really are good enough that you don't know you are eating somewhat healthy.

This is an eggroll bowl without having to spend a thousand hours rolling those suckers up. Why did I never think of that??

Another simple idea that I never thought of that I'm totally eating up.

As I was reading this book I was telling the husband all the goodies that I was promising to make and probably never will. I noticed the looks from one of the other creatures in the house.

I'm thinking she approves.

Create With Joy

Are you looking for a cookbook that can help you achieve your personal and familial health goals â€” a book featuring mouth-watering recipes that are relatively quick and easy to prepare â€” a collection that offers a wide range of recipes including vegetarian, gluten-free and freezer-friendly options â€” and a volume that contains stunning photography and nutritional information as well?

For most authors, this sounds like a tall order to fill, but *Skinnytaste Fast And Slow: Knockout Quick-Fix And Slow*

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For most authors, this sounds like a tall order to fill, but *Skinnytaste Fast And Slow: Knockout Quick-Fix And Slow Cooker Recipes* by Gina Homolka with Heather K. Jones, R.D. delivers on every count!

Skinnytaste Fast And Slow provides readers with 140 delicious, healthy recipes â€” 60 of which are Slow Cooker Recipes and 80+ of which are Under 30-Minute Dishes. The dishes are created by Gina Homolka, the founder of the popular blog *Skinnytaste*...

This review is an excerpt from the original review that is published on my blog. To read my review in its entirety, please visit

Disclosure: I received a copy of this book from the publisher for review purposes. The opinions expressed in this review are entirely my own, based on my assessment of this book.