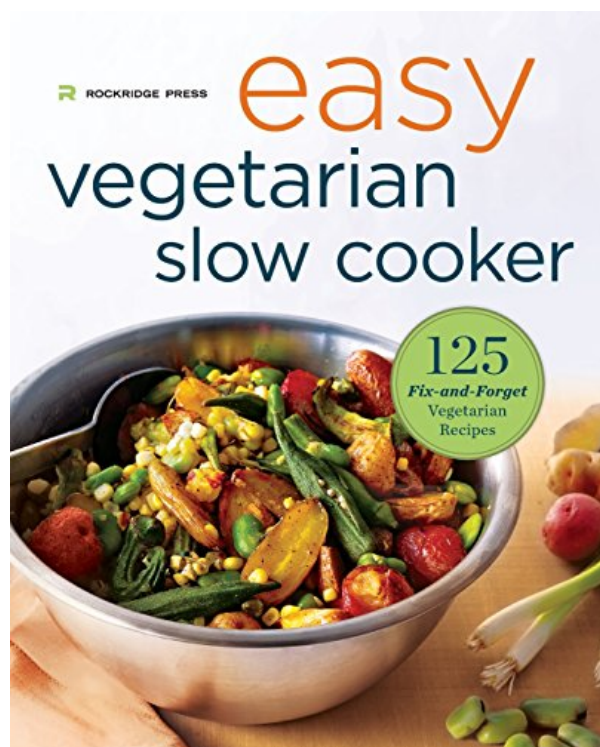
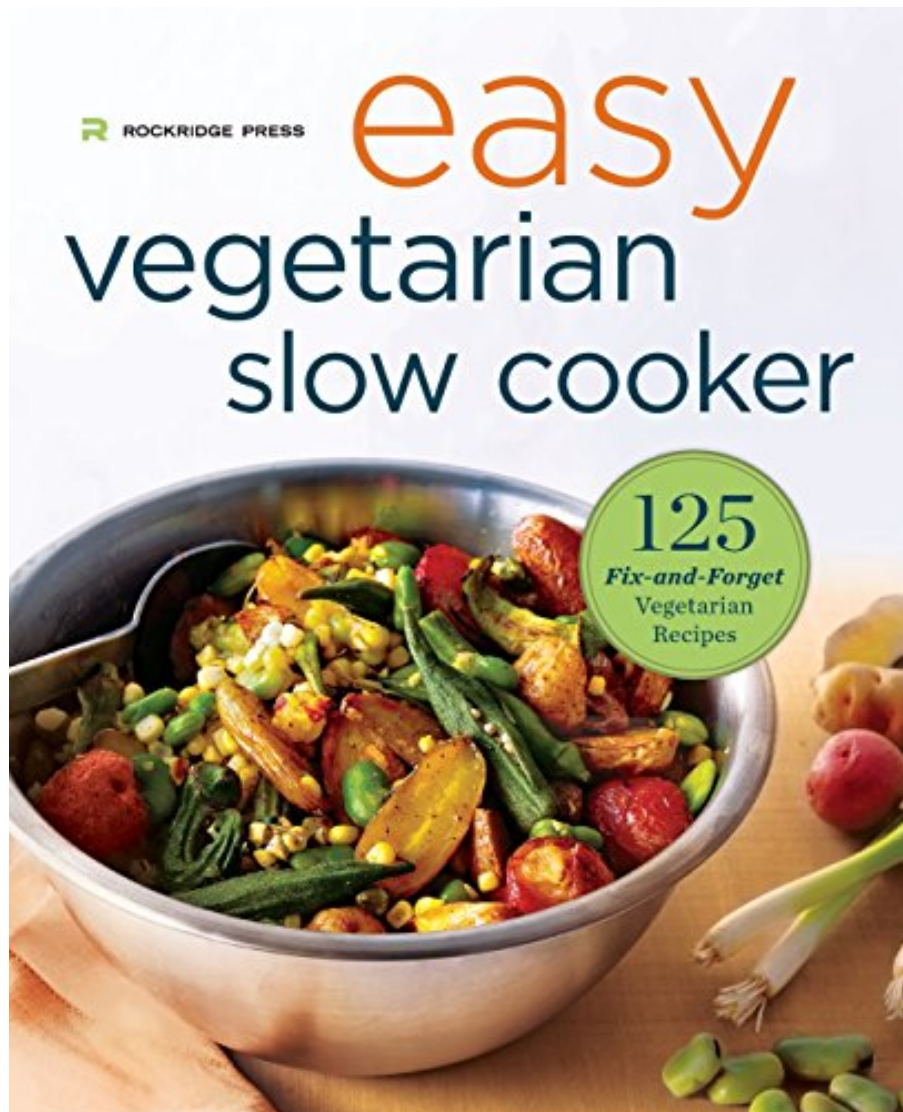


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ROCKRIDGE PRESS is a trusted voice in health and diet publishing a wide variety of lifestyle guides and cookbooks, including The New York Times best seller Paleo for Beginners, The Wicked Good Ketogenic Diet Cookbook, The Mediterranean Diet Plan and the Instant Pot Electric Pressure Cooker Cookbook. Our authors take pride in publishing thoughtful, well-researched books that help readers make positive lifestyle changes and build permanent healthy habits. Headquartered in Berkeley, California, Rockridge Press is situated in the heart of one of the healthiest regions in the world, the San Francisco Bay Area.

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... entrees and soups are OK a few bordering on good. None excellent so far

By Cynthia Allison

So far the recipes for entrees and soups are OK a few bordering on good. None excellent so far. As always, I try recipes as written first and then make changes to 'improve' them. So the next time the recipe will get a pass or fail for future use. Still trying them out. I can not recommend the desserts or other categories as I have not tried any of them. My experience is of an OK basic cookbook.

1 of 1 people found the following review helpful.

Good for beginners!

By Ashley

I recently received a slow cooker as a gift and this book is great!

Having never used a slow cooker before this book had beneficial information and was handy to have it all in one place. The recipes are easy to follow and even though they are vegetarian, I've still thrown some meat into a couple of them. There is even a recipe in this book for slow cooker pizza! How awesome is that!?

If you are new to slow cooking I definitely recommend checking this out. I received this book free in exchange for my honest, unbiased review.

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