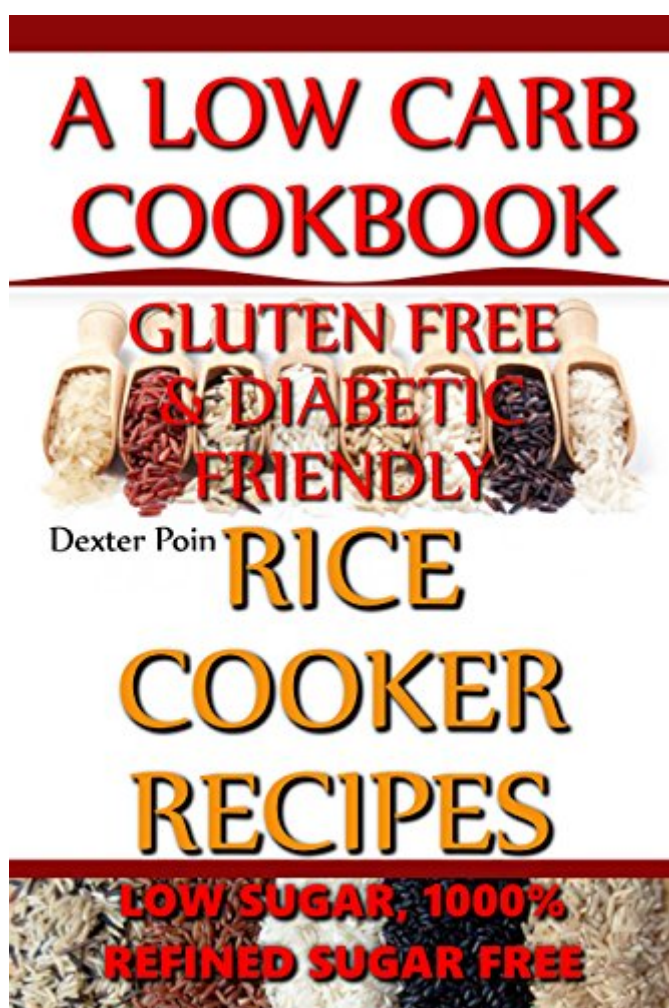


The book was found

Rice Cooker Recipes - A Low Carb Cookbook - Gluten FREE & Diabetic Friendly - Low Sugar & 1000% Refined Sugar FREE!



Synopsis

THIS BOOK IS SOLD EXCLUSIVELY ON BOTH IN PAPERBACK AND EBOOK FORMAT FOR YOUR CONVENIENCE. Welcome fellow recipe junkies to my latest & greatest rice cooker recipe book, in which I have put together a pretty easy to use and healthy collection of low carb, and REFINED SUGAR FREE recipes, designed to cook quickly inside of a rice cooker. NOT ONLY ARE THESE RECIPES LOW IN CARBS, SUGAR, AND NO REFINED SUGAR ADDED. THEY ARE ALSO SALT FREE, VERY LOW IN SODIUM, AND OTHER THAN 1 INGREDIENT, THEY ARE GLUTEN FREE AS WELL! These recipes fit the lifestyle of many different types of diets a person may be on. Anyone can enjoy these recipes, men, women, and children of all ages, from young to not quite so young. IT IS OFFICIAL!! I have officially been dubbed The Rice Cooker Goulashinator by some association, somewhere, at some point in time either in the past, or future? But it is all legit so do not fret! This rice cooker cookbook is specifically designed for those low carb seekers who wish to not only add in something new to their arsenal of recipes, but also want to do so in a timely manner, with as little cleanup as possible. Well there is nothing quicker, and nothing as less messy as cooking in a rice cooker! While the recipes inside of this cookbook are geared towards a low carbers lifestyle, they are not only for low carbers to enjoy. Anyone can pick up some great ideas from this cookbook and apply them into their specific eating style of choice. So are you ready to set it and forget it? Awesome! That's what I thought... So get out your rice cooker and a few utensils and I will chat with you on the inside ok?

Book Information

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Customer Reviews

As always, Dexter wrote a good book! This one is surely my favorite (I have read most of his works before), let me quote one of the best lines from the book: "We all have our own style of eating which makes us unique". I think this is really inspirational. Many people struggle to lose weight, or simply feel good just because they are always looking for something to follow through 100%. The solution is simple: eat a reasonable clean diet and use diets (as long as they are not fads) as source of inspiration. Dexter, also dubbed: "The guy who can eat 3,000-5,000+ calories a day of clean healthy foods on as low as even \$30 a week budget" clearly has a mission- he wants to help people design a diet that is easy, healthy, tasty and works for them. This is much more than a recipe book. It helps you change and expand your mindset. Below are just a few reasons why I choose to give this book big shiny 5 stars that it deserves (and why you need to read it and apply it), again, only a few main reasons, as it's late, I am pretty hungry and I don't want to be on the internet till midnight. I want to try the recipes.

1. It's jargon-free + written in a simple way + full of humour and funny rants (not overdosed, just enough to keep you entertained)
2. Dexter is very passionate about what he does and after reading the book you will know WHY.
3. The recipes are pretty much vegan (not strict though, just enough) and full of common-sense super foods like quinoa and brown rice (good low-carbs).
4. The book is educational; you will get familiar with other diets, both real and fads.
5. Authentic, no affiliate links or make a quick buck strategies behind putting this book together, I love authors who focus on the reader and providing value for the reader (I feel like he put his heart and soul into writing the recipes).
6. Makes fun at cheesy marketers and fad diets. Just one tiny remark (my review is still big 5 stars as I know the author had good intentions)- the Mediterranean Diet is not a fad diet, (don't list it together with a DASH diet and similar stuff, hehe) it's a healthy, simple, common-sense diet that has been on for centuries, it is actually similar in design to what the author is promoting himself. It's the way marketers (who haven't even been to the Mediterranean part of Europe, present it these days that may make it a bit fad-ish. But the diet is good for you, it's more like a lifestyle (just like the alkaline diet, that luckily the author has nothing against about, and taking

his love for veggies and fruits, he actually enjoys as well). The Mediterranean Diet is just like what author is trying to teach us while working hard creating recipes in his hometown sunny California. But I agree, some marketers will make a fad out of everything (hopefully they will skip Dexter's diets hha).7. Well-written and formatted, good instructions and suggestions TO SUM UP- quality product + helpful. I recommend it!

This low carb rice cooker recipe guide is SOOO much more than just a recipe book. The author, Dexter, is a talented author you'll WANT to read. I'll tell you from experience recipe guides are tough as nails to personalize and make interesting or special. DEXTER knows how to do all that and then some. The personality makes me smile and the quality information he delivers makes me qualify him as an expert recipe book writer...talented! And anybody that knows me knows if include the nutritional info in your recipe book, then you get a standing ovation for me! In this guide you get creative healthy recipes with the nutrition included. Which is exactly how a good recipe book should be written. Great recipe book I recommend you read. Then let the author know what you think. BRAVO!

I appreciated Dexter's down-to-earth cookbook and philosophy on eating well--especially the fact that it can be easy and inexpensive. In this book, the author shows the necessity and versatility of a rice cooker in every kitchen, and offers up recipes I never would have thought to use a rice cooker for. Who would have thought of a rice cooker breakfast? Dexter's advice and recipes are fun, relaxed, with a great sense of humor. I felt like my best friend was giving me his favorite recipes. I recommend this book for anyone who wants easy cooking tips that also pack a nutritional punch.

I first heard about this latest title by Dexter through my Korean grocer. One evening while I was purchasing a six pack and a box of 1997 Simpsons pogs, she said "Please don't buy Rice Cooker Recipes - A Low Carb Cookbook" on . Foolishly, I went on Kindle immediately afterward and found it staring back at me without even doing any searching (it found me, not the other way around). I opened it up and my senses were assaulted by arcane rice cooker information. Book is not for the weak of heart, otherwise 5 stars.

I received a rice cooker for a wedding gift over ten years ago. I never took it out of the box until I read this book. The recipes are easy to follow and healthy to eat. I especially like how Dexter adds his personal touch to the recipes with his own tips and tricks that he prefers. I also appreciated the

tips on how to use the cooker itself: what not to cook in it and all the different type of foods to use that I have never even thought of. I always get a kick out of Dexter's sense of humor and comedic writing style, but don't let that fool you, his books are also excellent learning tools for healthy eating.

Rice Cooker Recipes by Dexter Poin is an excellent cookbook. I have now read a number of collection of books from the author and I must say that I'm very impressed in the quality and enthusiasm the author puts into his work. What I really like is that the author puts his own style of writing inside of his work. This book is definitely worth grabbing and applying the recipes. I will keep coming back to read more of this authors work because his work is that good.

I've always wanted to own a rice cooker but have been intimidated that I would mess it up. I've recently considered buying one but wanted to find recipe information first. I'm so glad I chose this book! With recipes for not only rice dishes, but breakfast recipes, recipes including quinoa, lentils, and vegetables, this book has everything that you will need to be successful at using a rice cooker for every meal. I highly recommend this book!

This isn't just an ordinary low-carb cookbook - Dexter's cookbook had me laughing too! It's safe to say this was the most engaging cookbook I have ever read - it's clear Dexter has crazy passion about the recipes and with my wife on me to eat more healthy, there's lots of great advice here. I liked the section on condiments - learned a lot there. Great recipes, clever art, funny quips, and well worth the money!

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