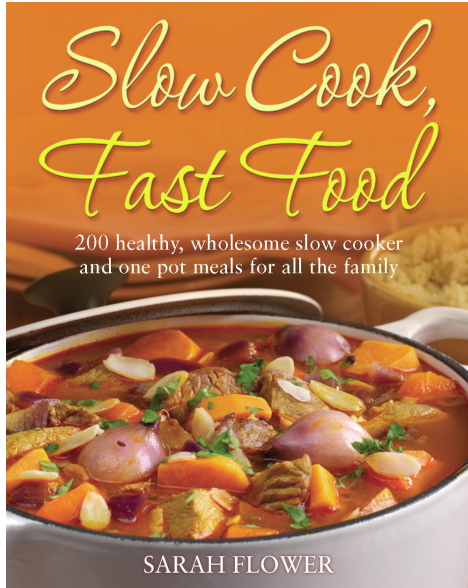


For immediate release

Slow down to make healthy fast food



Slow Cook, Fast Food, the third book by nutritionist Sarah Flower for Spring Hill, is for anyone who gets exhausted at the mere thought of cooking a meal at the end of a busy day but who still wants to feed themselves and their family wholesome, homemade food.

Resurrecting the slow cooker, this easy to read cook book equips even the most resentful of cooks with recipes that can be thrown together with minimal effort, left to cook all day and served from one pot.

From soups to casseroles, egg custards to Christmas puds, you can come home from work and eat a healthy, home-cooked, nutritious meal without slaving over a hot stove.

Commenting on her reasons for writing the book, Sarah says, *“In our busy world we want healthy food and we want it fast but, sadly, the two don’t always go hand in hand. Yet with one pot meals, and in particular with the help of a slow cooker, you really can have a healthy, nutritious, instant meal waiting for you when you come home after a busy day.”*

About the author: Sarah Flower is a nutritionist, a magazine columnist, and author of ***Live More Spend Less***, ***Eat Well Spend Less*** and ***The Everyday Halogen Oven Cookbook***. She is a mother of two and lives with her family in North Devon.

Slow Cook Fast Food is published by Spring Hill, an imprint of **How To Books Ltd** www.howtobooks.co.uk. and is available at \$18.00 in major bookshops and online retailers across the USA and Canada. ISBN 978-1-905862-41-2

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