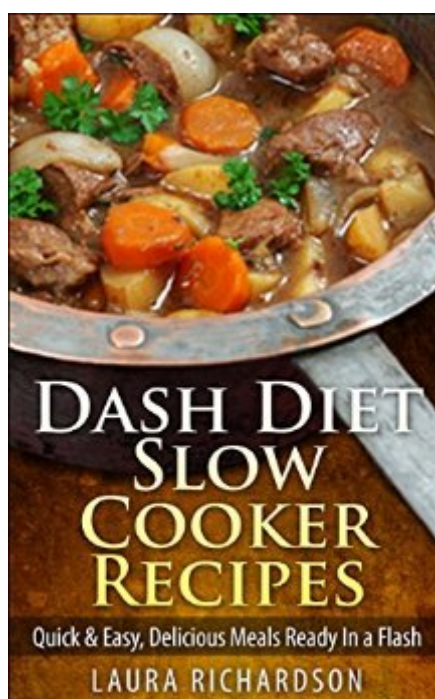


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# Dash Diet Slow Cooker Recipes: Quick & Easy, Delicious Meals Ready In A Flash (Low Sodium, Low Fat, Low Carb, Low Cholesterol)



## Synopsis

Dash Diet Slow Cooker Cookbook: Quick & Easy, Delicious Meals Ready In a Flash The DASH diet is nothing short of a miracle for those of us with blood pressure issues. If you are looking for a quick & easy way to prepare DASH meals, look no further than this DASH diet slow cooker cookbook. DASH diet slow cooker recipes are perfect for busy people who want to serve healthy, low-sodium meals but don't have hours to spend in the kitchen. Imagine coming home to the aroma of a delicious home cooked meal? And better than that, your meal is completely prepared! The DASH Slow Cooker Cookbook will save you time and energy that you can spend on doing other things that you enjoy. In her book, author Laura Richardson shares 28 of her favorite slow cooker DASH diet recipes including breakfasts, lunches, dinners, and soups. Pick up a copy today of her DASH diet slow cooker recipes, and jump-start your weight loss and healthy lifestyle!

## Book Information

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## Customer Reviews

Although the book is not a dieting-for weight-loss book, losing weight is one of the benefits of this diet. And it does not ask for the consent of the reader for this to happen. Weight-loss via the Dash slow cooking recipes happens, partly as a result of the healthy foods. Another important benefit of

these recipes is the benefit to readers with high blood pressure. They help to lower as well as prevent high blood pressure. I am particularly interested in the breakfast recipes because breakfast is one of my favorite meals. A tasty breakfast helps to set me up for the rest of the day. The oatmeal recipe in the book will become my favorite for a long time.

I like the concept of the dash diet. It's not a crash diet or one that restricts everything I like. The food included in the diet are rich in fiber, vitamins, and minerals. Potassium, magnesium, and calcium are necessary to control blood pressure, and are essential components to this diet. You can use the DASH diet to lose pounds in a few weeks without feeling hungry or deprived. There are several steps outlined in this book to make the DASH diet easy to follow. I like how the DASH diet incorporates slow cooking methods which makes meal preparation convenient. This saves me a lot of time with my busy schedule. Plus there is a benefit of less dishes to wash! Simple to follow recipes and good pictures makes this easy to follow. I like how this book gives you a selection of breakfast, lunch, dinner recipes along with some tasty soups and stews. Cook up a storm!

Since I have been recently introduced to slow cooking I am an addict to this type of cooking because of its ease and convenience. This book gives a whole range of healthy recipes that will make slow cooking even more fun. Since it is a wintery day here in Holland I will start with the simple home-made vegetable soup containing various types of beans. I will think of the author when having my soup!

I've gotten dozens of slow cooker recipe books, and this is the BEST one. I make at least one of these per week (often more) and they're easy and delicious (I'm a pretty mediocre cook, so when I say easy, I mean it). No weird ingredients, just simple meats, veggies, potatoes, and spices you can get anywhere. The recipes are mostly for 4 servings, but they're easy to cut in half and there are a few for 2, so you won't be stuck eating the same thing for days on end. Low salt and low fat, but still taste great. No typos, all measurements and steps given. Try the Pork Roast With Pineapple.

The greatest compliment I can give this book is that the recipes are delicious, whether you are on the dash diet or not. From what I understand the Dash Diet is typically undertaken by people who have issues with high blood pressure. Thankfully, I'm not one of these. However, I do like to eat healthy and I'm constantly on the lookout for tasty yet healthy recipes. This book delivers in spades. Within its pages you'll find recipes for breakfast, lunch and dinner as well soups and

stews. If your slow cooker has been gathering dust you might want to get it off the shelf and try a few of these meals, DASH diet or not.

Have not yet had the chance to try but these dishes sound just like the type of comfort food our family likes to eat !

Since there are no nutritional values included. I found this book almost useless.

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