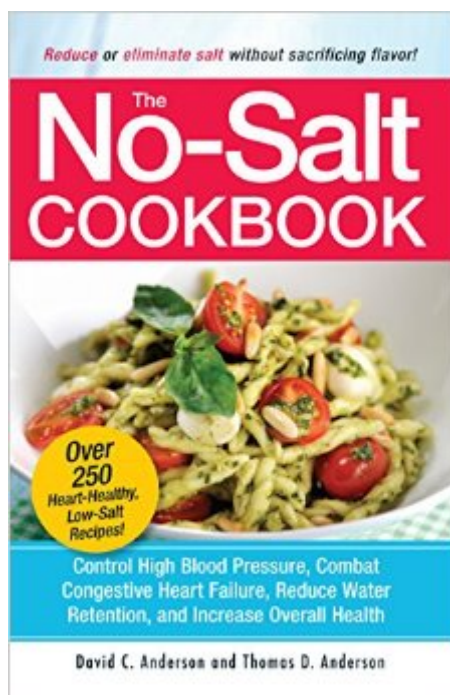


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# The No-Salt Cookbook: Reduce Or Eliminate Salt Without Sacrificing Flavor



## Synopsis

A father-and-son team offers up to 200 salt-free recipes designed to help people control high blood pressure, reduce water retention, and increase overall health, while still retaining flavour.

## Book Information

Paperback: 336 pages

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Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (116 customer reviews)

Best Sellers Rank: #16,120 in Books (See Top 100 in Books) #9 in [Books > Cookbooks, Food & Wine > Special Diet > Low Salt](#)

## Customer Reviews

The recipes are easy to follow. The food turns out wonderful and still with lots of flavor. Try the breakfast sausage recipe. I was so sorry to have to give up sausage but this is a great alternative!

There are lots of good recipes in this book, but it only lists the sodium content and not the calorie count for each serving. The other three no-salt or low-salt cookbooks I ordered at the same time have both sodium and calorie counts, which is a big help.

Every recipe I've tried is a winner. Shrimp with Pesto is not only delicious but easily adapted and you have a wider variety of meals. Try Tuscan Bread with Tomato Soup or Sheppards Pie for delicious comfort food. Baked Chicken with Apple Cider and Apples is a wonderful fall must have and impress your guests. Good selection of desserts like brownies or poached peaches. If you are "new" to no salt cooking these are not familiar recipes minus the salt and no flavor. They are a tasteful collection of familiar menu items like Mushroom and Onion Quiche, Osso Buco and Pizza with enough flavor that you will not miss the salt, and no one else will either.

My husband is on a low or no salt diet. I searched a lot of cookbooks but never found one to my liking until this one. Great recipes and I could not really tell a huge difference between cooking with

salt and cooking without. I purchased no sodium baking soda and baking powder and tried some muffin recipes as well as other baking recipes and I could not tell the difference at all. This is now my right hand cookbook. I would recommend it to anyone who wants to lower their salt intake.

If you are searching for a cookbook that will allow you to prepare succulent meals with a very low sodium content, The No-Salt Cookbook is a superlative place to start. All the taste is there, with absolutely none of the guilt. Giving up salt is not easy to do, but once you start removing it from your diet you will find an almost immediate change in the way you feel. These recipes will allow you to prepare meals that the entire family will enjoy, and never notice that the salt is gone. We've only enjoyed a few of the meals here, but look forward to enjoying just about all of them. The ingredients are readily available in your supermarket.

This cookbook provides recipes for everyday food that doesn't rely on hard to find products. We are eating good meals and not missing salt like we thought we would. We even feel comfortable inviting guests to share dinner.

So many great recipes for everyday items. Lots of bread recipes, and sauces, it helps so much.

Hubby can't have hardly any salt. I am supposed to watch it. What to do! I got this so that I would have most of the suggestions in one place, not to mention the recipes. And they are good ones, and good ideas.

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