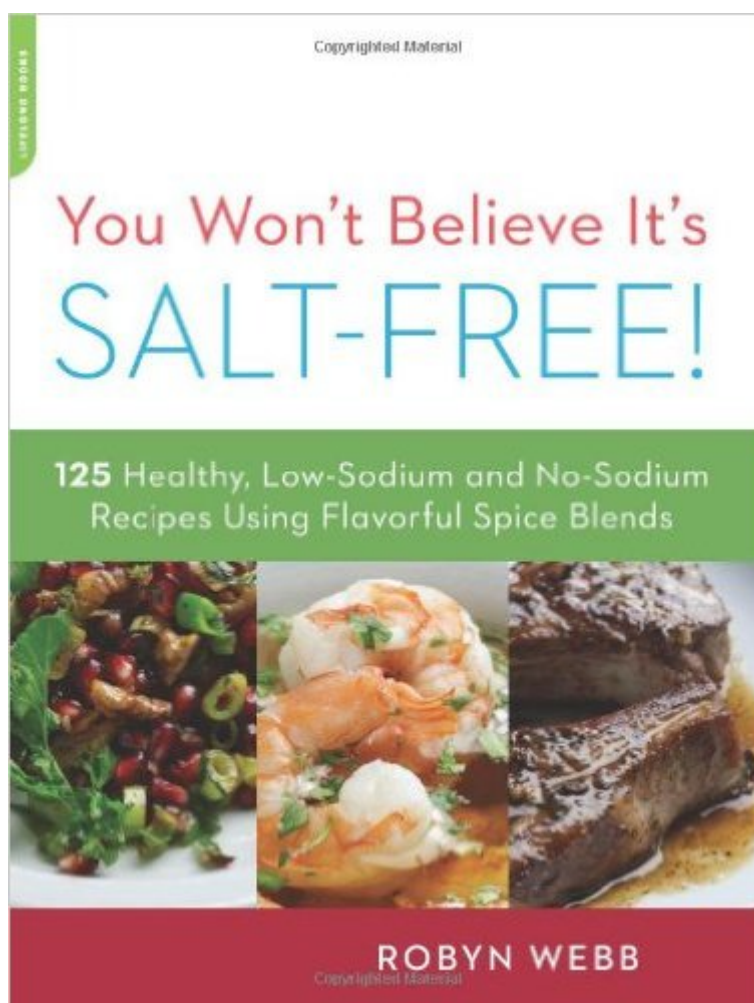


The book was found

You Won't Believe It's Salt-Free: 125 Healthy Low-Sodium And No-Sodium Recipes Using Flavorful Spice Blends



Synopsis

The American Heart Association recommends no more than two-thirds of a teaspoon of salt per day, but it's easy to exceed that in just one meal. For anyone with hypertension, heart disease, or diabetes—and the millions of Americans whose high salt intake puts them at risk of developing these conditions—you won't believe it's salt-free offers 125 delicious no-salt recipes that take family dinners from monotonous to mouth-watering. Culinary expert Robyn Webb reveals her secret: simple spice blends that anyone can buy or make at home, plus recipes that use exotic aromatics like kaffir lime leaves and star anise to create bold, beautiful flavors. From Chipotle Chicken to Herbs de Provence Squash, there is something for everyone's palate. Once you experiment beyond the salt shaker, your health will improve and your cooking will too.

Book Information

Paperback: 192 pages

Publisher: Da Capo Lifelong Books; 1 edition (September 11, 2012)

Language: English

ISBN-10: 0738215562

ISBN-13: 978-0738215563

Product Dimensions: 0.5 x 7.2 x 9.2 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars [See all reviews](#) (28 customer reviews)

Best Sellers Rank: #95,744 in Books (See Top 100 in Books) #32 in [Books > Cookbooks, Food & Wine > Special Diet > Low Salt](#) #97 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Food Counters](#)

Customer Reviews

My husband just had three stents put in his coronary arteries after a heart attack which fixed a coronary artery LAD he had 18 years ago after a major heart attack and this time the doctor told him "The plumbers were through with him and he was turning him over to the electricians". Nice description of "You had better try to fix this yourself", so we went online to find the NO Salt cookbooks to help him live longer. I love this Salt Free cookbook and the ideas put forth by Robyn Webb. I immediately called the toll free number she had listed for Pensays Spices and put in an order. He has lost 30 pounds in a month and is feeling much better. Thank you Robyn Webb.

While many people cut back on salt, we had to go practically salt free due to my husband's health.

And this book had some really wonderful recipes. It gets really boring eating the same things week after week, so we were glad to find this cookbook. Thanks so much.

This book has helped my sister with her no salt diet, she has been on a salt free diet since Feb for congestive heart failure. She loves it ! She does add more vegetables to some of the recipes and they are great. It has helped us enjoy a salt free diet.

I like this but wanted to like it more. The recipes are good but seems like a lot of them that I already have, just with Dash and not with salt. I was looking for more of an inspired approach. Not bad though!

So far made the Salsa Fresca, Guacamole, Cod & Orange and it's All GREAT! Don't miss the salt with the recipes in this cookbook.

The recipes I tried required difficult to find items and are very long. But, the result of all the hard work is very tasty. I recommend the book highly to those who value great flavor in their food and enjoy cooking.

Needed a sodium free cookbook for my husband who had just had his second stroke. He is on a cardiac diet which is something I am not used to. All of the recipes in this book are not sodium free though. Honestly, if you are looking at this book and thinking of purchasing it, I would suggest searching the internet for sodium free recipes first. I should have.

I haven't made anything yet....but am surprised that the author didn't take into account that so much meat has broth injected or is in a salt brine. So to me the nutritional on the sodium is not accurate. I don't like the idea that I am now going to have to figure out the sodium count. So this book probably won't get used much. :-)

[Download to continue reading...](#)

You Won't Believe It's Salt-Free: 125 Healthy Low-Sodium and No-Sodium Recipes Using Flavorful Spice Blends
Low Carb Dump Meals: 30 Tasty, Easy and Healthy Dump Dinner Recipes You Won't Believe Are Actually Low Carb
Low Carb Dumb Meal Recipes For Weight Loss, Energy and Vibrant Health (Clean Eating)
Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner

recipes, low carb diets Book 1) Low Carb BOX SET 4 IN 1: 100 Best Low Carb Recipes You Will Love!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... low carb lunches, low carb dinners,) Low carb cookbook: 35 delicious snack recipes for weight loss. Low carb cooking, low carb diet, low carbohydrate, low carb recipes, low carb, low carb ... low carb cooking, weight loss Book 1) Low Carb BOX SET 7 IN 1: 165 Amazing Low Carb Recipes You Will Love!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb Diet - Top 200 Low Carb Recipes Cookbook: (Low Carb, Budget Cookbook, Low Carb Diet, Low Carb Recipes, Atkins Diet, Low Carb Slow Cooker Recipes, Low Carb Living) The American Heart Association Low-Salt Cookbook: A Complete Guide to Reducing Sodium and Fat in Your Diet (AHA, American Heart Association Low-Salt Cookbook) American Heart Association Low-Salt Cookbook, 4th Edition: A Complete Guide to Reducing Sodium and Fat in Your Diet (AHA, American Heart Association Low-Salt Cookbook) American Heart Association Low-Salt Cookbook, 3rd Edition: A Complete Guide to Reducing Sodium and Fat in Your Diet (AHA, American Heart Association Low-Salt Cookbook) Low Sodium Cookbook: Delicious, Simple, and Healthy Low-Salt Recipes DASH Diet Recipes: 50 Heart Healthy 30 MINUTE Low Fat, Low Sodium, Low Cholesterol DASH Diet Recipes to Help You Lose Weight Fast and Prevent Heart Disease, Stroke, Diabetes and Cancer Low Carb Diet Book Collection: 90 Amazing Recipes - Low Carb Casseroles, Low Carb Soups, Low Carb Fat Bombs and Low Carb Ice Cream: (Fat Bomb Recipes, ... healthy eating recipes, ketogenic desserts) Low Carb Ice Cream: 21 Great Low Carb Sugar Free Ice Cream Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... Ketogenic Diet to Overcome Belly Fat) Low Carb Freezer Meals: 26 Make-Ahead Low Carb Freezer Meals: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low ... Ketogenic Diet to Overcome Belly Fat) Low Carb Casseroles: 21 Super Satisfying Low Carb Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low ... Ketogenic Diet to Overcome Belly Fat) Low Carb: Low Carb Diet For Beginners. How To Lose 10 Pounds in 10 Days: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... diet for dummies, low carb high fat diet,) Low Carb Mexican Recipes: 25 Of Your Favorite Mexican Recipes Made Low Carb!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low ... Ketogenic Diet to Overcome Belly Fat) Easy Breadmaking for Special Diets : Wheat-Free, Milk- And Lactose-Free, Egg-Free, Gluten-Free, Yeast-Free, Sugar-Free, Low Fat, High To Low Fiber Low Carb Diet: 15 Healthy And Delicious Low Carb Salads To Lose Weight Fast: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb ... Ketogenic Diet to Overcome Belly Fat)

