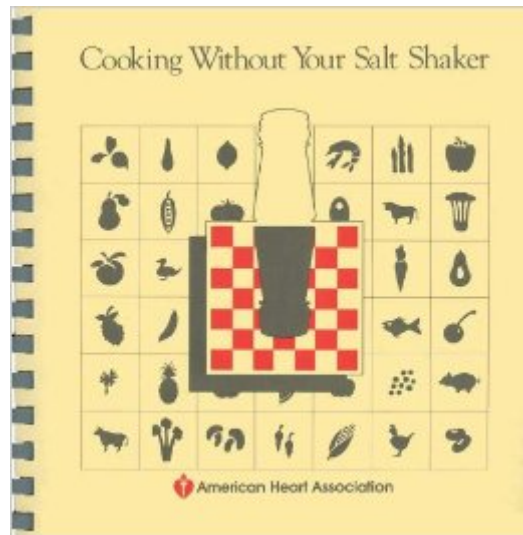


The book was found

# Cooking Without Your Salt Shaker



## Synopsis

no salt cook book

## Book Information

Spiral-bound: 145 pages

Publisher: American Heart Association (1978)

Language: English

ASIN: B001LM0W0O

Product Dimensions: 8.6 x 8.2 x 0.6 inches

Shipping Weight: 12.8 ounces

Average Customer Review: 3.7 out of 5 stars [See all reviews](#) (3 customer reviews)

Best Sellers Rank: #2,534,105 in Books (See Top 100 in Books) #120 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > American Heart Association](#)

## Customer Reviews

My Mom has congestive heart failure and went on a low salt diet.....this book was recommended by her CHF clinic so I ordered it for her. My Mom and Step Dad (he went on the diet with her) have found many great recipes for things they thought they would not get to eat again with her special needs!!!! recommend it for anyone trying to learn to cook low salt or no salt...

This is a rip-off!!!! This book cost me \$90 (something) dollars and it is a spiral-bound paperback!!! Would not recommend buying it at this price. Recipes are good but not that many recipes for the money.

, I rely on it all the time. Recipes have enough ingredients to taste good, use easy to obtain ingredients, and are simple enough to make. I bought an extra copy as a gift.

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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) Salt and Pepper Shakers: Identification and Values (Salt & Pepper Shakers) Salt and Pepper Shakers (Salt & Pepper Shakers IV) The Collector's Encyclopedia of Salt & Pepper Shakers: Figural and Novelty (Collector's Encyclopedia of Figural & Novelty Salt & Pepper) Cooking for One Cookbook for Beginners: The Ultimate Recipe Cookbook for Cooking for One! (Recipes, Dinner, Breakfast, Lunch, Easy Recipes, Healthy, Quick Cooking, Cooking, healthy snacks, deserts) Cooking for Two: 365 Days of Fast, Easy, Delicious Recipes for Busy People (Cooking for Two Cookbook, Slow Cooking for Two, Cooking for 2 Recipes) The Michigan Divorce Book: A Guide to Doing an Uncontested Divorce Without an Attorney Without Minor Children (Michigan Divorce Book Without Minor Children) The Book of Shaker Furniture Making Authentic Shaker Furniture: With Measured Drawings of Museum Classics (Dover Woodworking) Shaker Town: A Paranormal Mystery (Taryn's Camera Book 4) Shaker Medicinal Herbs: A Compendium of History, Lore, and Uses The Microwave Gourmet Cookbook!: Quick and Easy Microwave Cooking Recipes that will Blow your Mind! (Fast, Quick, and Easy Cooking Recipes and Cooking Tips! Book 1) Cooking for One: 365 Recipes For One, Quick and Easy Recipes (Healthy Cooking for One, Easy Cooking for One, One Pot, One Pan)

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