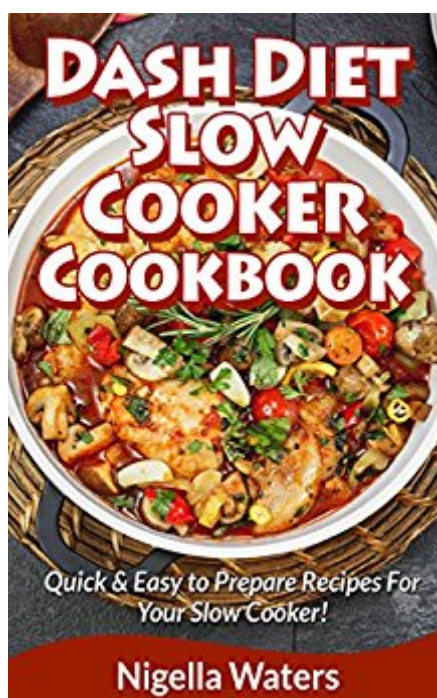


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DASH Diet Slow Cooker Cookbook: Quick & Easy To Prepare Recipes For Your Slow Cooker!



Synopsis

DASH Diet Slow Cooker Cookbook Quick & Easy to Prepare Recipes For Your Slow Cooker! In this book, the reader will discover many different DASH diet recipes using the slow cooker. It starts off with a short overview of the DASH diet and an introduction to the slow cooker. The recipes presented here are separated according to different major ingredients and food types. They are divided into soups, chicken and turkey main dishes, pork main dishes, beef main dishes, vegetables and pasta. All these types of food can be prepared in a slow cooker. All the recipes were especially chosen to cater to different palates and tastes. They are all healthy, delicious and have easily-available and affordable ingredients. You Will Find In This Book: Introduction To DASH Diet and the Slow Cooker Delicious Slow-Cooked Soups Recipes Poultry Dishes on a Slow Cooker Recipes Slow Cooker Pasta Recipes Pork Cooked Slowly Recipes Beef Slow Cooker Recipes And Much More!! The DASH diet is gaining popularity and credibility as an excellent eating program for people who want to live a healthy lifestyle and lose weight. The slow cooker is an amazing cooking appliance that almost all homes have. This wonderfully versatile kitchen gadget allows families to eat tasty food with economical ingredients. It also offers a healthier cooking method. Utilizing the slow cooker in preparing DASH diet recipes is a great combination of healthy and delicious recipes that are not difficult to prepare. Cook a healthy delicious meal tonight! Scroll Up and Grab Your Copy Now! ã ã

Book Information

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Customer Reviews

The overall goal of the DASH Diet is to lower your consumption of sodium, which aids in lowering your blood pressure. Since the diet focuses on eating the right foods with the right portions, it's also effective for short- and long-term weight loss. To regulate your blood sugar and help curb your cravings, avoid fruit and whole grains, which have a lot of natural sugar, and alcohol, which also contain sugars. This book is full of delicious and amazing recipes. The recipes are divided into categories: slow cooked soups, poultry dishes on a slow cooker, pork cooked slowly, beef cooked slowly, vegetable dishes and pasta recipes. The instructions are very clear and the recipes are easy to make. I tried few recipes, and I loved the pasta and the poultry sections. I didn't have the chance to try them all, but I hope I will in the next few weeks. My favorite recipe so far is Light Chicken Tortilla Soup and Chicken Stroganoff for the main course. I have new set of meals prepared in my head to cook for my family this weekend. :) So if, like me, you just bought a slow cooker, this book is a perfect guide to using it right.

Are you mystified by the good reviews. This book is filled with old fashion recipes that call for canned soups and other processed foods. It doesn't seem like a healthy cookbook to me, and I trashed it.

good recipes to try.

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