



# **Dash Diet Slow Cooker Recipes: Easy, Delicious, and Healthy Low-Sodium Recipes**

*Dylanna Press*

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The DASH diet has once again been named the healthiest diet by top nutrition experts and there's no better time to start reaping the rewards of this smart, sensible eating plan. Eating the DASH diet way does not have to be boring, in fact, it contains the most delicious foods around – lean meats, whole grains, lots of fresh fruits and vegetables, and flavorful herbs and spices. So whether you are just starting out on the DASH diet or have been eating low-sodium for years, the DASH Diet Slow Cooker Recipes: Easy, Delicious, and Healthy Recipes is going to help you make delicious, healthy meals without spending a lot of time in the kitchen. For this book, we've collected the best slow cooker recipes and adapted them to the DASH diet to create mouthwatering, family-pleasing dishes that can all be prepared easily and then cooked in your slow cooker while you're off doing other things. There's really nothing better than coming home at the end of a hectic day to the smell of tonight's dinner already prepared and waiting to be eaten. These recipes feature fresh, whole foods and include a wide variety of recipes to appeal to every taste from classic dishes to new twists that just may become your new favorites. In addition, each recipe has less than 500 mg of sodium per serving, many a lot less than that. In addition to recipes, the book includes a brief overview of the DASH diet as well as tips on how to get the most out of your slow cooker. Thanks for reading and happy cooking!

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Often the book Dash Diet Slow Cooker Recipes: Easy, Delicious, and Healthy Low-Sodium Recipes has a lot info on it. So when you check out this book you can get a lot of gain. The book was written by the very famous author. Mcdougal makes some research previous to write this book. This book very easy to read you can find the point easily after perusing this book.

#### **Maranda Shoemaker:**

This Dash Diet Slow Cooker Recipes: Easy, Delicious, and Healthy Low-Sodium Recipes is brand-new way for you who has intense curiosity to look for some information given it relief your hunger details. Getting deeper you in it getting knowledge more you know or you who still having small amount of digest in reading this Dash Diet Slow Cooker Recipes: Easy, Delicious, and Healthy Low-Sodium Recipes can be the light food to suit your needs because the information inside this book is easy to get by means of anyone. These books build itself in the form which can be reachable by anyone, yep I mean in the e-book application form. People who think that in publication form make them feel sleepy even dizzy this book is the answer. So there is no in reading a guide especially this one. You can find what you are looking for. It should be here for an individual. So , don't miss the item! Just read this e-book style for your better life and knowledge.

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