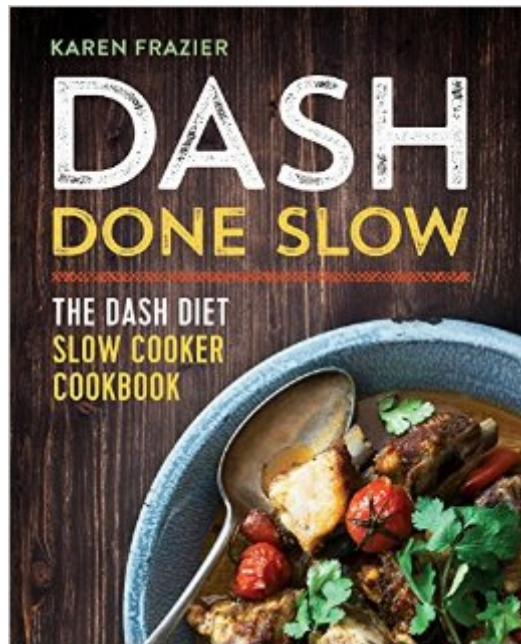


The book was found

DASH Done Slow: The DASH Diet Slow Cooker Cookbook



Synopsis

At Last, A Truly Everyday DASH Diet Cookbook For Time-Saving, Easy-to-Make Meals From An Expert Recipe Developer And Cookbook Authority Following the DASH diet doesn't mean giving up your favorite flavors and recipes. With DASH Done Slow, you'll discover a DASH diet cookbook designed to help you follow the principles of the DASH diet while still enjoying satisfying, slow-cooked meals from familiar comforts to surprising twists. Packed with 100 simple, heart-healthy recipes, this slow cooker cookbook shows you how to pull off healthy home cooking without spending tons of time in the kitchen. From hearty vegetarian dishes (Vegetable Lasagna) and meat-friendly meals (Classic Beef Stew) to soups, sides and desserts, the recipes in this DASH diet cookbook offer something for everyone every night of the week. This ultimate DASH diet cookbook for easier-than-ever, DASH-friendly dishes includes:

- DASH Diet 101: Brush up on the basics for a quick refresher
- Slow Cooking Tips: Discover tasty tips and slow cooker ideas to make your meals more delicious
- Fuss-Free Recipes: Explore recipes that use 10 or fewer ingredients and require 15 minutes or less of prep time

Book Information

Paperback: 162 pages

Publisher: Rockridge Press (May 24, 2016)

Language: English

ISBN-10: 1623157269

ISBN-13: 978-1623157265

Product Dimensions: 7.5 x 0.4 x 9.1 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars See all reviews (82 customer reviews)

Best Sellers Rank: #27,836 in Books (See Top 100 in Books) #65 in Books > Cookbooks, Food & Wine > Cooking Methods > Slow Cooking #181 in Books > Cookbooks, Food & Wine > Kitchen Appliances #583 in Books > Cookbooks, Food & Wine > Special Diet

Customer Reviews

This is a great resource especially for anyone new to eating healthy! Even though the book is called a "DASH" cookbook, it is so much more! DASH is short for "Dietary Approaches to Stop Hypertension," meaning a meal plan for people struggling with high blood pressure and high cholesterol. It certainly offers that, but I got a lot of great information and recipes out of this book and I don't have issues with either one. The book begins by explaining what the DASH guidelines

are and why. Then it goes on to offer other general healthy eating considerations and even lists specific foods to eat and avoid on each category (I found that part VERY helpful). The next part is all about using your slow cooker. If you're like me, you're thinking "I know how to use my slow cooker, I just turn it on and walk away" right? Well I learned a ton from this book!! Did you know there's a way to delay start your slow cooker--no matter how old it is! Do you know which should go on the bottom of the pot: meat or vegetables? I now know vegetables should go on bottom. (OOPS I've been doing it wrong all along!) and how full should the slow cooker be for best cooking results? Which is better in the slow cooker: fresh or dried herbs? The answer surprised me. These answers and their related explanations are all inside this book. I learned a lot of great tips and tricks in this book, and that's even before it got to the healthy recipes!! The very first recipe is for vegetable stock. Easy, right?

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

The Best Slow Cooker Recipes & Meals Cookbook: Over 100 Healthy Slow Cooker Recipes, Vegetarian Slow Cooker Recipes, Slow Cooker Chicken, Pot Roast ... Recipes, Slow Cooker Desserts and more! DASH Diet Slow Cooker Recipes: 60 Delicious Low Sodium Slow Cooker Recipes (DASH Diet Cookbooks) (Volume 3) DASH Done Slow: The DASH Diet Slow Cooker Cookbook DASH Diet for Beginners: Top DASH Diet Recipes for Weight Loss, Fat Loss and Healthy Living: Dash Diet Recipes, Book 1 Vegan: 100 Delicious Recipes For The Beginner Vegan, : Lean Meals, Diet Plans,slow cooker,recipes (vegan cookbook,vegan diet,vegan recepies,vegan ice cream,vegan ... cooker,vegan protein powder,vegan protein) Wheat Belly: Top Slow Cooker Recipes: 230+ Grain & Gluten-Free Slow Cooker Recipes for Rapid Weight Loss with The Revolutionary Wheat Belly Diet (The Wheat-Free Cookbook) Slow Cooking for Two: A Slow Cooker Cookbook with 101 Slow Cooker Recipes Designed for Two People Pressure Cooker Cookbook: 370 Quick, Easy, and Healthy Pressure Cooker Recipes for Amazingly Tasty and Nourishing Meals (Pressure Cooker, Electric Pressure Cooker Cookbook) Rice Cooker Recipes: 50+ Rice Cooker Recipes - Quick & Easy for a Healthy Way of Life (Slow cooker recipes - rice cooker - recipes) Mediterranean Slow Cooker Cookbook: A Mediterranean Cookbook with 101 Easy Slow Cooker Recipes Pressure Cooker Cookbook: 100 Quick, Easy, and Healthy Pressure Cooker Recipes for Nourishing and Delicious Meals (Pressure Cooker Recipes, Pressure Cooker) (Volume 1) Dash Diet Slow Cooker Recipes: Fresh, Flavorful Recipes from Around the World The Paleo Slow Cooker Cookbook: 40 Easy To Prepare Paleo Recipes For Your Slow Cooker Crockpot Recipes: The Top 100 Best Slow Cooker Recipes Of All Time (Crockpot Slow Cooker Cookbook Recipes Meal Preparation) The Ultimate Rice Cooker Cookbook: The Best Rice Cooker Recipes Cookbook You

Will Find; Over 25 Mouthwatering Rice Cooker Recipes You Will Love! Top 500 Instant Pot Pressure Cooker Recipes: (Fast Cooker, Slow Cooking, Meals, Chicken, Crock Pot, Instant Pot, Electric Pressure Cooker, Vegan, Paleo, Dinner) Emeril's Cooking with Power: 100 Delicious Recipes Starring Your Slow Cooker, Multi Cooker, Pressure Cooker, and Deep Fryer Mr. Food Test Kitchen Cook it Slow, Cook it Fast: More Than 150 Easy Recipes For Your Slow Cooker and Pressure Cooker Wheat Belly: Wheat Belly Slow Cooker: 30 Delicious Grain-Free Slow Cooker Recipes for Beginners Quick & Easy Recipes: Over 50 Simple and Delicious Vegan & Vegetarian Rice Cooker Recipes That Anyone Can Make! Recipes for Weight Loss & Overall ... (Rice cooker Recipes - Rice Cooker Cookbook)

[Dmca](#)