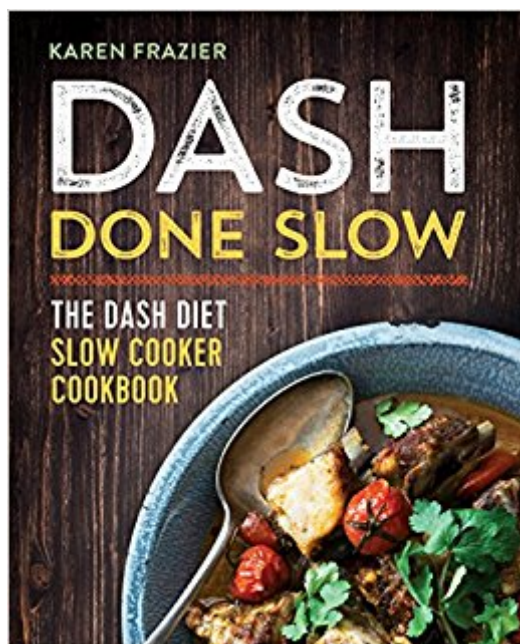


The book was found

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: 4.3 out of 5 stars 134 customer reviews

Best Sellers Rank: #30,036 in Books (See Top 100 in Books) #83 in Books > Cookbooks, Food & Wine > Cooking Methods > Slow Cooking #215 in Books > Cookbooks, Food & Wine > Kitchen Appliances #684 in Books > Cookbooks, Food & Wine > Special Diet

Customer Reviews

Karen Frazier is a freelance writer and cookbook author who specializes in developing recipes and writing meal plans for restrictive diets. She is the author of the Hashimoto's Cookbook and Action Plan and The Gastroparesis Cookbook, among others. She lives with her husband near Seattle.

I returned this item - to me, the recipes seemed both complex and unappetizing.

This is a terrible cookbook. Since I received the cookbook on Friday (it is now Wednesday) I have made three of the recipes in the book, and all have had something wrong with them. They have needed additional spices/seasons, or adjustments because the end result was too runny, etc. There is eating healthy and there is eating bland. Unfortunately, this is about as bland as one can get, which is too bad because living alone and working full-time I rely heavily on the crock-pot for cooking.

It makes you hungry if you can see it visually. Wish each recipe comes with a photo.

Boring set of recipes. Returning.

Tasty recipes!

Great recipes for any diet. We've loved all the recipes that we've tried so far. The DASH diet is so easy and healthy.

Very good cookbook!

Excellent! Brilliant! Love it!

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

Dash Diet: Top 45 Dash Diet Slow Cooker Recipes Rich in Protein, Fiber, Magnesium, Potassium, And Calcium (Dash Diet, Dash Diet Slow Cooker, Dash Diet ... Slow Cooker Recipes, Dash Diet Cookbook) DASH DIET: The Dash Diet Simple Solution To Weight Loss - Includes Over 50 Dash Diet Recipes To Maximize The Weight Loss Process (Dash Diet, Dash Diet ... cookbook, Dash Diet weight loss Book 1) Slow Cooker Recipes: 2,000 Delicious Slow Cooker Recipes Cookbook (Slow Cooker Recipes, Slow Cooker Cookbook, Slow Cooker Chicken Recipes, Slow Cooker Soup Recipes) Dash Diet for Weight Loss: Lose Up to 10 Pounds in 10 Days! + Lower Blood Press w/ Dash Diet Recipes and Cookbook + FREE BONUS: 35 TOP DASH DIET RECIPES ... Dash Diet Cookbook, Dash Diet Recipes) Crock Pot: Everyday Crock Pot and Slow Cooker Recipes for Beginners(Slow Cooker, Slow Cooker Cookbook, Slow Cooker, Slow Cooker Cookbook, Crockpot Cookbook, ... Low Carb) (Cookbook delicious recipes 1) Thai Slow Cooker Cookbook: 51 Classic

Thai Slow Cooker Recipes with Step By Step Procedure (Thai Recipes, Thai Slow Cooker Recipes, Thai Slow Cooker Cookbook, ... Cooker, Simple Thai Cookbook, Thai Cooking) Dash Diet Slow Cooker Recipes: Vegetarian Slow Cooker: 60 Delicious Low Sodium Slow Cooker Recipes (DASH Diet Cookbooks) DASH Diet: Dash Diet Recipes for Weight Loss, Lower Blood Pressure and Cholesterol Beginners Cookbook (DASH Diet, Lower Blood Pressure, DASH Diet Recipes) Dash Diet: 365 Days of Low Salt, Dash Diet Recipes For Lower Cholesterol, Lower Blood Pressure and Fat Loss Without Medication (Dash Diet Recipes, Weight ... Diabetes, Low Sodium, Dash Diet Cookbook) Paleo Slow Cooker: Healthy Delicious Paleo Diet Slow Cooker Recipes for Your Family (Slow cooker recipes, Low carb diet, Paleo diet recipes, Paleo Cookbook, Ketogenic Diet, Ketogenic recipes) Pressure Cooker: 365 Days of Electric Pressure Cooker Recipes (Pressure Cooker, Pressure Cooker Recipes, Pressure Cooker Cookbook, Electric Pressure Cooker ... Instant Pot Pressure Cooker Cookbook) DASH Done Slow: The DASH Diet Slow Cooker Cookbook Slow Cooker Cookbook: 1001 Best Slow Cooker Recipes of All Time (Slow Cooking, Slow Cooker, Meals, Chicken, Crock Pot, Instant Pot, Electric Pressure Cooker, Vegan, Paleo, Breakfast, Lunch, Dinner) DASH Diet Slow Cooker Recipes: 60 Delicious Low Sodium Slow Cooker Recipes (DASH Diet Cookbooks) (Volume 3) Delicious Crockpot Recipes: A Full Color Crockpot Cookbook for your Slow Cooker (Crockpot;Crockpot Recipes;Slow Cooker;Slow Cooker Recipes;Crockpot Cookbook;Slow ... Cookbook;Crock Pot;Crock Pot Recipes;Cro 1) Paleo Diet: 1001 Best Paleo Diet Recipes of All Time (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo Diet Meals) Slow Cooker Cookbook: 1001 Best Slow Cooker Recipes of All Time (Fast and Slow Cookbook, Slow Cooking, Crock Pot, Instant Pot, Electric Pressure Cooker, Vegan, Paleo, Dinner, Breakfast, Healthy Meals) Mediterranean Diet: Mediterranean Slow Cooker Cookbook - Easy & Delicious Mediterranean Diet Recipes (Mediterranean Diet, Slow Cooker Cookbook, ... Diet For Beginners, Mediterranean Recipes) The Ultimate Pressure Cooker Cookbook: Ingenious & Delicious Meals All In One Cooker (Instant Pot, Instant Pot Slow Cooker, Pressure Cooker Cookbook, Electric Pressure Cooker, Instant Pot For Two) KETO SLOW COOKER: 120 Delicious, Quick and Easy Ketogenic Slow Cooker Recipes (keto, ketogenic, ketogenic cookbook, slow cooker, slow cooking, ketogenic ... weight loss, paleo, low carb, cleanse)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

