



Dash Diet Slow Cooker Recipes: Top 75 Easy, Delicious, and Healthy Low-Sodium Recipes (Dash Diet, Dash Diet Slow Cooker, Dash Diet Crock Pot Recipes, Dash Diet Cookbook)

Kristina Newman

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The DASH diet is one of the most effective ways to get healthy in addition to lowering your blood pressure. And in addition to those two great benefits, there is not a lot of meal planning involved, which is the reason why the DASH Diet goes so well with slow cookers, as you will read in this book. The advantages of slow cooking is that it provides you the opportunity to get all your ingredients together in one pot, set the timer and the heat, and then go about your daily routine without worrying about your food preparation. When you get home from your day out, your meal will be fully cooked to perfection, and the cleanup is virtually effortless. When combining DASH with the slow cooker, the result is astounding: delicious meals that are low in sodium, that take little effort to prepare, and that will have you feeling full and satisfied well after you are finished eating. This book provides you a total of 75 DASH Recipes that you can prepare with your slow cooker, meaning that you have almost 3 months' worth of meals that you can try out on yourself and your loved ones. There is certainly something for everyone, no matter how picky the eater that you are cooking for, and you will fall in love with not only the regimen, but the concept of slow cooking itself.

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Richard Hood:

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