



DASH Done Slow: The DASH Diet Slow Cooker Cookbook

Karen Frazier

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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

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Charles Beaudoin:

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Richard Capps:

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John Guenther:

Reading a e-book tends to be new life style on this era globalization. With looking at you can get a lot of information that may give you benefit in your life. Along with book everyone in this world can certainly share their idea. Guides can also inspire a lot of people. A great deal of author can inspire all their reader with their story or maybe their experience. Not only the storyplot that share in the textbooks. But also they write about the knowledge about something that you need example. How to get the good score toefl, or how to teach your young ones, there are many kinds of book that exist now. The authors on earth always try to improve their expertise in writing, they also doing some investigation before they write on their book. One of them is this DASH Done Slow: The DASH Diet Slow Cooker Cookbook.

James Butler:

Reading a book being new life style in this 12 months; every people loves to go through a book. When you read a book you can get a lots of benefit. When you read textbooks, you can improve your knowledge, because book has a lot of information upon it. The information that you will get depend on what sorts of book that you have read. If you need to get information about your analysis, you can read education books,

but if you want to entertain yourself read a fiction books, this kind of us novel, comics, along with soon. The DASH Done Slow: The DASH Diet Slow Cooker Cookbook will give you new experience in studying a book.

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