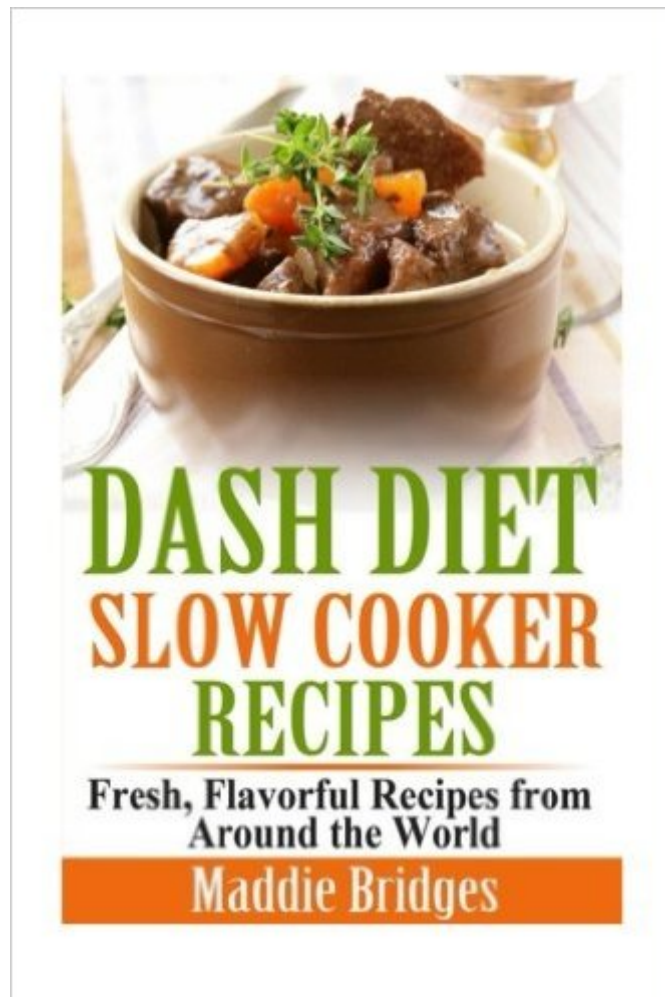


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# Dash Diet Slow Cooker Recipes: Fresh, Flavorful Recipes From Around The World



## Synopsis

The DASH diet works. Voted the #1 diet, this book brings the healthy principles and recommendations of the world's top-rated diet out of the clouds and into your kitchen for meals that are easy-to-prepare, healthy, and delicious. Latest reports reveal that 1 in 3 Americans (67 million people) has hypertension and close to another one-third of Americans have prehypertension. 25.8 million people (8.3% of the US population) have diabetes with 95% of cases being Type 2 and increasingly being diagnosed in children and teenagers. It's also estimated that 79 million adults aged 20 and over have prediabetes. Don't become a part of that statistic! Transform your life and get the healthy body you deserve. Full of options and bursting with flavor, the recipes in this book make the most of the DASH diet. All it takes is a few minutes of preparation in the morning or the night before and you are rewarded with delicious dishes from around the world. Perfect for cooking ahead, these recipes will help you get the most from your slow cooker and from the DASH diet. We have kept calories, fats, and sodium low and put healthy, vibrant flavors to the forefront. When the centerpiece of your meal comes from the recipes in this book, you will know you have done something great for yourself and your family. Treat your family and yourself to nutritious, quick and easy dinners and take your health into your own hands.

## Book Information

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## Customer Reviews

This book was disappointing. It promised "fresh flavorful recipes from around the world" for a slow cooker - it delivered boring, mundane, easily available from a million other sources american-friendly recipes, many of which require pre or par-cooking, which nullifies the convenience

of the slow cooker. Despite the DASH food plan's emphasis on nutrient-dense foods, particularly fruits and vegetables, this cookbook strongly emphasizes meats, particularly red meat and pork, with a few chicken/fish meals thrown in (be warned, the fish meals take no more than 2 hours to cook, so again the slow-cooker aspect is minimized) and very few vegetables/vegetarian dishes. It's primary concession to DASH is no added salt. Make regular use of this cookbook and you will not be following DASH principles due to the amount of meat and low volume of vegetables. This book was a complete waste of money.

Over half of this very very brief cookbook was information about the DASH diet - information readily available and much better presented elsewhere. The recipes were poorly edited, with missing instructions and misspellings. They were complex for slow-cooker recipes, and didn't seem to conform to the DASH diet guidelines, either. NOT RECOMMENDED!!

There are many good recipes, but the cooking times are off quite a bit. I don't recommend this book because the use of artificial sweeteners caused a terrible flare with my autoimmune disorder. Her reasoning is counter to every other nutrition based doctor about the use of aspartame. It causes your neurotransmitters to go off in an unhealthy attack. The first two weeks were good because of the elimination of sugar, salt and grains. The dairy and recommended use of aspartame in yogurt is not a healthy choice. Just my opinion but my experience.

I just recently heard of the dash diet. I use our slow cooker often with other recipes. I found these recipes for easy to use and worked great in my slow cooker. Put it in before work and my family has dinner after work. They also tasted great.

Super time saving recipes. Some old time favorites but some new ones too. Thank you for taking the time for reading my review. If you found it helpful, please take time to indicate that. This review is of my own personal opinion and experience. My opinion may differ from others as everyone experiences products differently. I am not associated with the seller. I do my best to give a quality, honest and unbiased review of my experiences with the product. I am a buyer like everyone and would only like to express my opinions and experiences to help out with anyone considering buying this product.

I like the cookbook and the flavors, etc., but the DASH Diet seems like most other diets to me.

Trying to describe it as something altogether new seems a bit awkward (the book spends many pages doing so).

When I purchased this book I was looking for healthy slow cooker recipes that I knew would be low in sodium and overall healthy. So far I am very impressed with all the recipes. No strange ingredients you can't find anywhere and easy to follow, quick recipes for people like me.

Well written but lacks in simple recipes. Soups are too fancy. Would have liked to see more vegetable / chicken or beef soups.

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