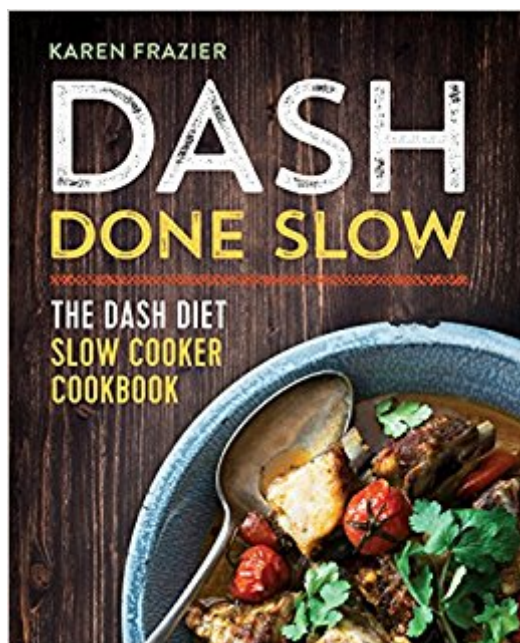


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# DASH Done Slow: The DASH Diet Slow Cooker Cookbook



## 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

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## 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?

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