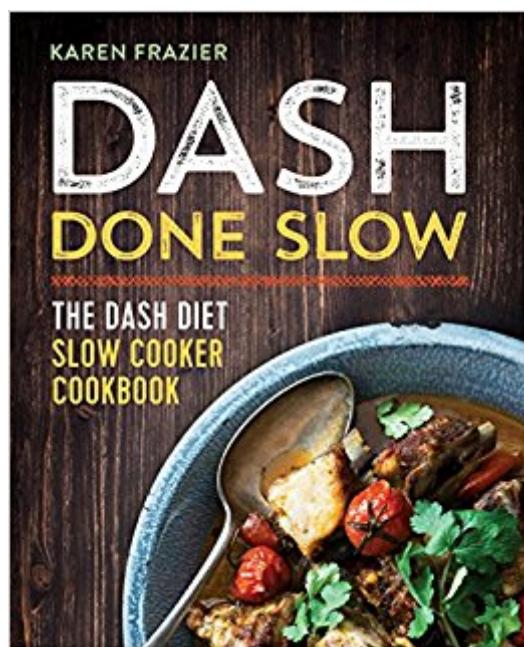


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# DASH Done Slow: The DASH Diet Slow Cooker Cookbook



## 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

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!

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