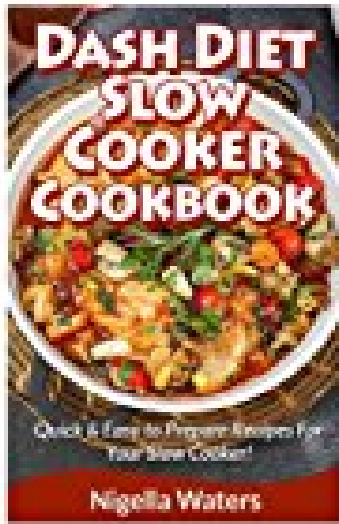


# DASH Diet Slow Cooker Cookbook Quick & Easy to Prepare Recipes For Your Slow Cooker!

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## BOOK DETAILS

- Author : Nigella Waters
- Pages : 110 Pages
- Publisher : CreateSpace Independent Publishing Platform
- Language : English
- ISBN : 1515089150

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## **BOOK 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 doesnt mean giving up your favorite flavors and recipes. With DASH Done Slow, youll 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

### **DASH DIET SLOW COOKER COOKBOOK QUICK & EASY TO PREPARE**

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