



# **DASH Diet Slow Cooker Recipes: Easy, Delicious, and Healthy Low-Sodium Recipes**

*Dylanna Press*

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## Delicious and Healthy DASH Diet Recipes for Your Slow Cooker

The DASH diet has once again been named the healthiest diet by top nutrition experts and there's no better time to start reaping the rewards of this smart, sensible eating plan. Eating the DASH diet way does not have to be boring, in fact, it contains the most delicious foods around – lean meats, whole grains, lots of fresh fruits and vegetables, and flavorful herbs and spices. So whether you are just starting out on the DASH diet or have been eating low-sodium for years, the **DASH Diet Slow Cooker Recipes: Easy, Delicious, and Healthy Recipes** is going to help you make delicious, healthy meals without spending a lot of time in the kitchen.

For this book, we've collected the best slow cooker recipes and adapted them to the DASH diet to create mouthwatering, family-pleasing dishes that can all be prepared easily and then cooked in your slow cooker while you're off doing other things. There's really nothing better than coming home at the end of a hectic day to the smell of tonight's dinner already prepared and waiting to be eaten.

These recipes feature fresh, whole foods and include a wide variety of recipes to appeal to every taste from classic dishes to new twists that just may become your new favorites. In addition, each recipe has less than 500 mg of sodium per serving, many a lot less than that.

In addition to recipes, the book includes a brief overview of the DASH diet as well as tips on how to get the most out of your slow cooker.

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#### **Jody Watson:**

Spent a free time and energy to be fun activity to try and do! A lot of people spent their sparetime with their family, or their friends. Usually they accomplishing activity like watching television, about to beach, or picnic inside the park. They actually doing same every week. Do you feel it? Do you need to something different to fill your personal free time/ holiday? Can be reading a book may be option to fill your cost-free time/ holiday. The first thing that you ask may be what kinds of book that you should read. If you want to consider look for book, may be the publication untitled DASH Diet Slow Cooker Recipes: Easy, Delicious, and Healthy Low-Sodium Recipes can be excellent book to read. May be it may be best activity to you.

#### **Evan Reyes:**

This DASH Diet Slow Cooker Recipes: Easy, Delicious, and Healthy Low-Sodium Recipes is brand-new way for you who has attention to look for some information as it relief your hunger of information. Getting deeper you into it getting knowledge more you know or perhaps you who still having small amount of digest in reading this DASH Diet Slow Cooker Recipes: Easy, Delicious, and Healthy Low-Sodium Recipes can be the light food for yourself because the information inside this specific book is easy to get simply by anyone. These books build itself in the form which is reachable by anyone, yep I mean in the e-book type. People who think that in guide form make them feel sleepy even dizzy this guide is the answer. So there isn't any in reading a book especially this one. You can find what you are looking for. It should be here for an individual. So , don't miss the item! Just read this e-book variety for your better life as well as knowledge.

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