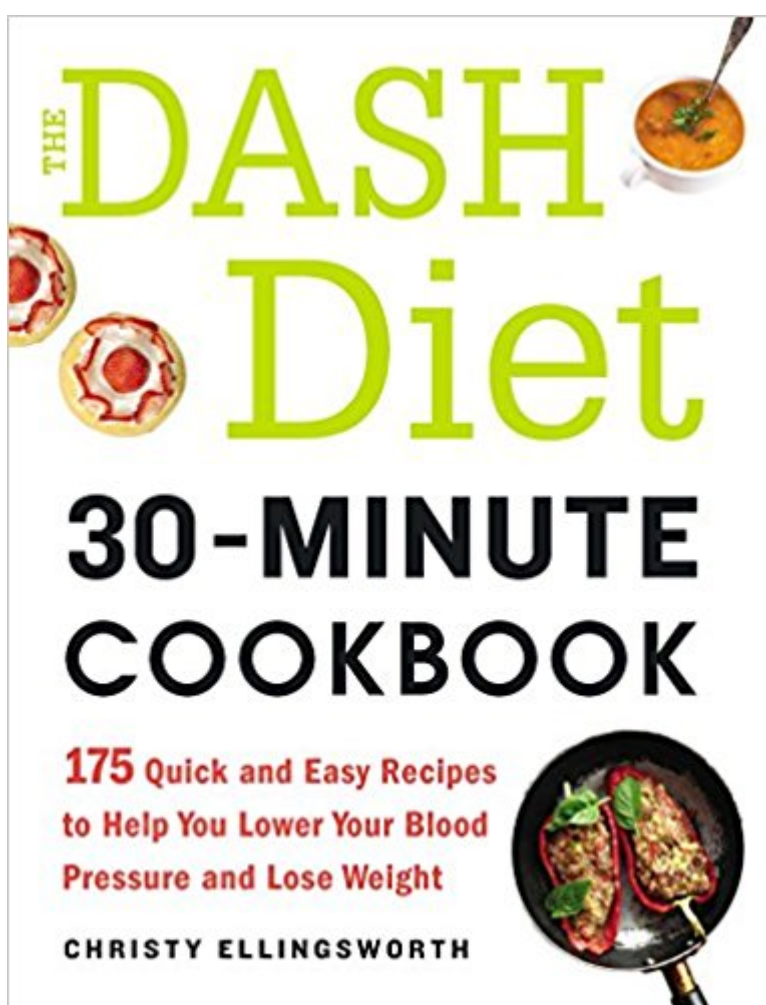


The book was found

# The DASH Diet 30-Minute Cookbook: 175 Quick And Easy Recipes To Help You Lower Your Blood Pressure And Lose Weight



## Synopsis

Delicious DASH diet meals in 30 minutes or fewer! The #1 diet in the United States, the DASH (Dietary Approaches to Stop Hypertension) diet is one of the healthiest ways to lose weight, lower blood pressure, and curb diabetes risk--all without the use of medications. Packed with flavorful, easy-to-make recipes, this cookbook shows you how to create dozens of DASH diet-approved meals in just 30 minutes. Featuring step-by-step instructions and a variety of cuisines to choose from, each page is bursting with tantalizing plates like: Brown Sugar Cinnamon Oatmeal Stovetop Barbecued Chicken Bites Quick and Easy Shepherd's Pie Mushroom and Eggplant Curry Peanut Butter Chocolate Chip Blondies Filled with 175 mouthwatering meals, The DASH Diet 30-Minute Cookbook won't leave you feeling deprived--of taste or time.

## Book Information

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Average Customer Review: 3.9 out of 5 stars 19 customer reviews

Best Sellers Rank: #148,270 in Books (See Top 100 in Books) #53 in [Books > Cookbooks, Food & Wine > Special Diet > Low Salt](#) #82 in [Books > Cookbooks, Food & Wine > Special Diet > Heart Healthy](#) #1732 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets](#)

## Customer Reviews

Christy Ellingsworth is a food writer, recipe creator, and founder of The Daily Dish, a food blog that provides low-sodium, heart-healthy recipes to thousands of daily readers. She is also the author of The Everything DASH Diet Cookbook. Christy lives in Portland, ME.

This is a great little cookbook for the dash diet...my husband and I have fallen in love with the Saturday Morning Pancakes and have used lots of the other recipes as well. The diet works if you stick to it and have found very few recipes that are not appealing...and I have a very "picky" husband!

This cookbook is packed full of great recipes that are not too involved or time consuming to make. My only complaint is that the pages aren't glossy and it didn't have photos like most other cookbooks. I plan to order another one for my parents.

All the recipes I've tried have been anywhere from acceptable (there's nothing you can do to make saltless bread anything more than acceptable) to great. It's a very useful cookbook!

This book makes meal planning, shopping and family dinners easy to complete. The book is easy to use and informative. I would recommend this book parents who just need some extra energy.

It has a lot of good recipes.

Just OK. There are links to free and better tasting recipes on the Internet!

does every recipe have to be loaded with garlic?

Like the cookbook

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