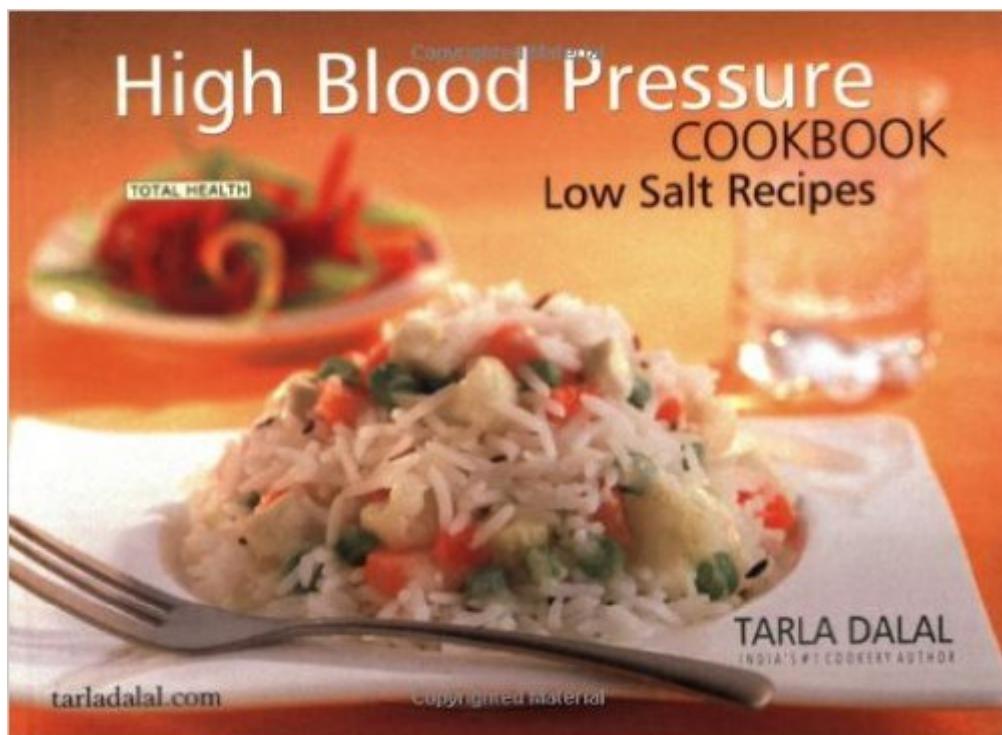


The book was found

High Blood Pressure Cook Book/Low Salt Recipes



Synopsis

The recipes in this book have been designed to use minimum salt yet retaining its taste and flavour. Comprising of breakfast, soups, salads, rotis, subzis, dals, rice, international desserts and accompaniments, the recipes use low sodium ingredients, limited amount of oil and are devoid of high sodium processed foods.

Book Information

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Average Customer Review: 4.0 out of 5 stars See all reviews (1 customer review)

Best Sellers Rank: #746,505 in Books (See Top 100 in Books) #54 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > High Blood Pressure #8576 in Books > Cookbooks, Food & Wine > Special Diet

Customer Reviews

This is the best book I ever saw for anybody not just with HBP but who understanding how much healthier we are when we simply cut back even a little on our often over-salted eats. Claudia Strasbaugh

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