



DASH Done Slow: The DASH Diet Slow Cooker Cookbook

Karen Frazier

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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

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