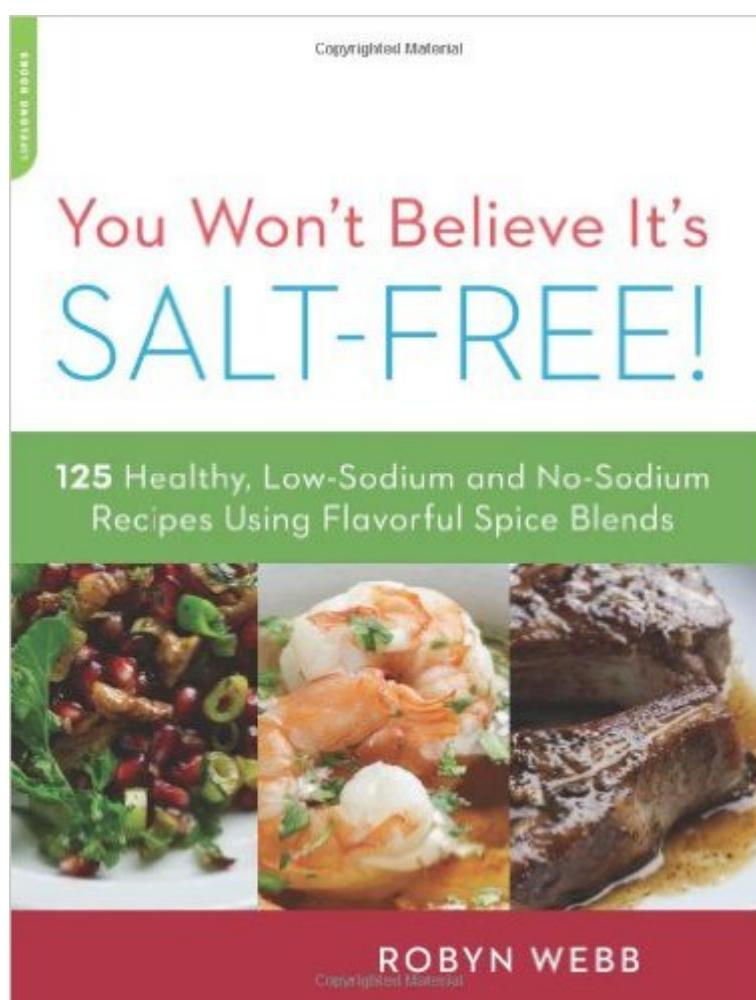


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# You Won't Believe It's Salt-Free: 125 Healthy Low-Sodium And No-Sodium Recipes Using Flavorful Spice Blends



## Synopsis

The American Heart Association recommends no more than two-thirds of a teaspoon of salt per day, but it's easy to exceed that in just one meal. For anyone with hypertension, heart disease, or diabetes—and the millions of Americans whose high salt intake puts them at risk of developing these conditions—"You Won't Believe It's Salt-Free" offers 125 delicious no-salt recipes that take family dinners from monotonous to mouth-watering. Culinary expert Robyn Webb reveals her secret: simple spice blends that anyone can buy or make at home, plus recipes that use exotic aromatics like kaffir lime leaves and star anise to create bold, beautiful flavors. From Chipotle Chicken to Herbs de Provence Squash, there is something for everyone's palate. Once you experiment beyond the salt shaker, your health will improve and your cooking will too.

## Book Information

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## Customer Reviews

My husband just had three stents put in his coronary arteries after a heart attack which fixed a coronary artery LAD he had 18 years ago after a major heart attack and this time the doctor told him "The plumbers were through with him and he was turning him over to the electritions". Nice description of "You had better try to fix this yourself", so we went online to find the NO Salt cookbooks to help him live longer. I love this Salt Free cookbook and the ideas put forth by Robyn Webb. I immediately called the toll free number she had listed for Pensays Spices and put in an order. He has lost 30 pounds in a month and is feeling much better. Thank you Robyn Webb.

While many people cut back on salt, we had to go practically salt free due to my husband's health.

And this book had some really wonderful recipes. It gets really boring eating the same things week after week, so we were glad to find this cookbook. Thanks so much.

This book has helped my sister with her no salt diet, she has been on a salt free diet since Feb for congestive heart failure. She loves it ! She does add more vegetables to some of the recipes and they are great. It has helped us enjoy a salt free diet.

I like this but wanted to like it more. The recipes are good but seems like a lot of them that I already have, just with Dash and not with salt. I was looking for more of an inspired approach. Not bad though!

So far made the Salsa Fresca, Guacamole, Cod & Orange and it's All GREAT! Don't miss the salt with the recipes in this cookbook.

The recipes I tried required difficult to find items and are very long. But, the result of all the hard work is very tasty. I recommend the book highly to those who value great flavor in their food and enjoy cooking.

Needed a sodium free cookbook for my husband who had just had his second stroke. He is on a cardiac diet which is something I am not used to. All of the recipes in this book are not sodium free though. Honestly, if you are looking at this book and thinking of purchasing it, I would suggest searching the internet for sodium free recipes first. I should have.

I haven't made anything yet....but am surprised that the author didn't take into account that so much meat has broth injected or is in a salt brine. So to me the nutritional on the sodium is not accurate. I don't like the idea that I am now going to have to figure out the sodium count. So this book probably won't get used much. :-(

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