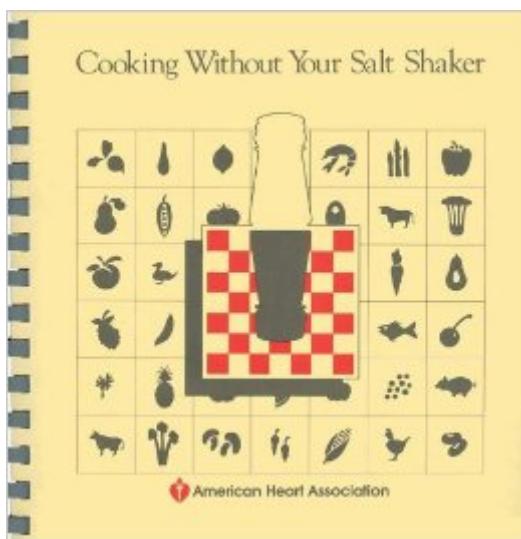


The book was found

Cooking Without Your Salt Shaker



Synopsis

no salt cook book

Book Information

Spiral-bound: 145 pages

Publisher: American Heart Association (1978)

Language: English

ASIN: B001LM0W0O

Product Dimensions: 8.6 x 8.2 x 0.6 inches

Shipping Weight: 12.8 ounces

Average Customer Review: 3.7 out of 5 starsÂ See all reviewsÂ (3 customer reviews)

Best Sellers Rank: #2,534,105 in Books (See Top 100 in Books) #120 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > American Heart Association

Customer Reviews

My Mom has congestive heart failure and went on a low salt diet.....this book was recommended by her CHF clinic so I ordered it for her. My Mom and Step Dad (he went on the diet with her) have found many great recipes for things they thought they would not get to eat again with her special needs!!! I recommend it for anyone trying to learn to cook low salt or no salt...

This is a rip-off!!!! This book cost me \$90 (something) dollars and it is a spiral-bound paperback!!! Would not recommend buying it at this price. Recipes are good but not that many recipes for the money.

, I rely on it all the time. Recipes have enough ingredients to taste good, use easy to obtain ingredients, and are simple enough to make. I bought an extra copy as a gift.

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