



# **Dash Diet Slow Cooker Recipes: Vegetarian Slow Cooker: 60 Delicious Low Sodium Slow Cooker Recipes (DASH Diet Cookbooks)**

*Renee Sanders*

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## **DISCOVER: How to reduce your weight & control your blood pressure naturally using DASH Diet!**

*Worried about your ever increasing Blood Pressure? Looking for ways to lower and maintain your blood pressure? Fed up of depending on medications to improve your health? Stressed out about contracting cardiovascular diseases or diabetes because of hypertension? Not sure how to reduce your body weight without going on a crash diet? **DASH Diet is the solution***

## **Benefits of following the DASH (Dietary Approaches to Stop Hypertension) Diet**

For the 5th year in a row, DASH Diet has been ranked as the #1 diet among the 35 diets evaluated and ranked by US News & World Report. Studies sponsored by the National Heart, Lung, and Blood Institute (NHLBI) have proven that DASH diet reduces high blood pressure, which in turn lowers the risk of developing cardiovascular disease. This diet has also helps in weight loss and reduces the risk of heart strokes, osteoporosis, several types of cancers, kidney stones and diabetes, thereby making it the ideal diet for everyone.

Unlike other diet plans, DASH diet is very easy to follow as it does not suggest any special foods to be consumed. By making small changes to your normal diet and the cooking methods, you can easily follow the guidelines of this diet. This dietary goal can be achieved by combining fresh fruits and vegetables, low fat and non-fat dairy products, nuts, legumes and whole grains in the daily diet and also by controlling your intake of sodium.

## **Benefits of Slow Cooking**

This book is a guide to prepare the various DASH Diet recipes using the Slow Cooking Method. This method involves using a Slow Cooker (also known as Crock Pot) which is an electrical countertop appliance that contains an outer metal part, an inner ceramic/ porcelain container and a glass lid. A low heat

temperature is maintained consistently for a prolonged period of time to cook the food. This ensures that the food retains its nutrients, is cooked uniformly and also saves a lot of time for busy people as one doesn't have to monitor the cooking process.

## **DOWNLOAD: DASH Diet Slow Cooker Recipes: 60 Delicious Low Sodium Slow Cooker**

**Here Is A Preview Of What You'll Learn in this book...**

- What is the DASH Diet?
- Guidelines to be followed while DASH Dieting
- **60 Delicious Vegetarian Low Sodium Slow Cooker recipes that include**
- Soup Recipes like Potato Broccoli Soup, Spicy Carrot & Pumpkin Soup
- Breakfast Recipes like Cranberry Oatmeal, Homemade Granola
- Main Dish Recipes like Blackeyed peas & Okra, Vegan Spaghetti Squash
- Side Dish Recipes like Caramelized Onions, Sweet Potato Casserole
- Dessert Recipes like Nutella Choco chip cake, Donut Bread Pudding
- **FREE Access to the Audio Book of Blood Pressure Solution**

**Includes FREE BONUS: 7 Day Vegetarian Meal Plan for DASH Diet!**

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