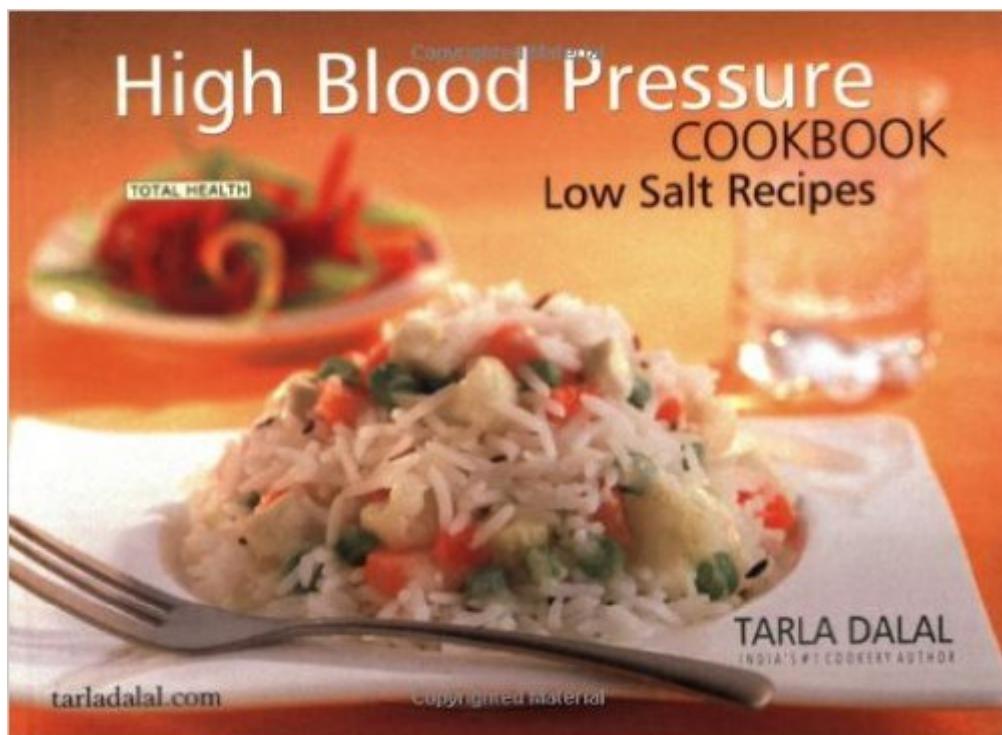


The book was found

High Blood Pressure Cook Book/Low Salt Recipes



Synopsis

The recipes in this book have been designed to use minimum salt yet retaining it's 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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Shipping Weight: 3.2 ounces

Average Customer Review: 4.0 out of 5 starsÂ [See all reviewsÂ \(1 customer review\)](#)

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