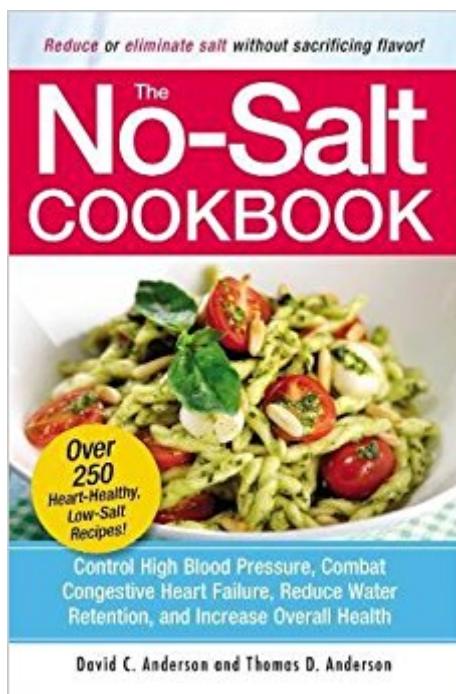


The book was found

The No-Salt Cookbook: Reduce Or Eliminate Salt Without Sacrificing Flavor



Synopsis

A father-and-son team offers up to 200 salt-free recipes designed to help people control high blood pressure, reduce water retention, and increase overall health, while still retaining flavor.

Book Information

Paperback: 336 pages

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Average Customer Review: 4.2 out of 5 stars 146 customer reviews

Best Sellers Rank: #130,606 in Books (See Top 100 in Books) #50 in Books > Cookbooks, Food & Wine > Special Diet > Low Salt #1589 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

Customer Reviews

David C. Anderson and Thomas D. Anderson, father and son, have created more than 500 recipes. David is a journalist with more than thirty years' experience writing and editing for national publications, including the Wall Street Journal, the New York Times, and The American Prospect. He lives in New York City. Thomas is a self-taught chef and recipe writer living in Warwick, Rhode Island.

My husband is on a low or no salt diet. I searched a lot of cookbooks but never found one to my liking until this one. Great recipes and I could not really tell a huge difference between cooking with salt and cooking without. I purchased no sodium baking soda and baking powder and tried some muffin recipes as well as other baking recipes and I could not tell the difference at all. This is now my right hand cookbook. I would recommend it to anyone who wants to lower their salt intake.

Great recipes! My husband is unable to have sodium and I have to learn how to cook all over again.

I recently received instructions from my doctor to go on a low-sodium diet. As an avid cook, I had no idea how to cook without salt and make food anyone would want to eat. This cookbook helped me

not only get started, but gave me valuable information and tools to start this healthy, new way of life. The introduction was thorough and the recipes are easy to using ordinary ingredients. Hope this helps.

Best no-salt cook book I have ever used. Breads especially are fantastic.

Good recipes but not as interesting as I thought it would be. Somewhat boring.

Love this book, helped me lower my sodium significantly.

Very good, very good taste, more like salt.

The good in this book test delicious

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