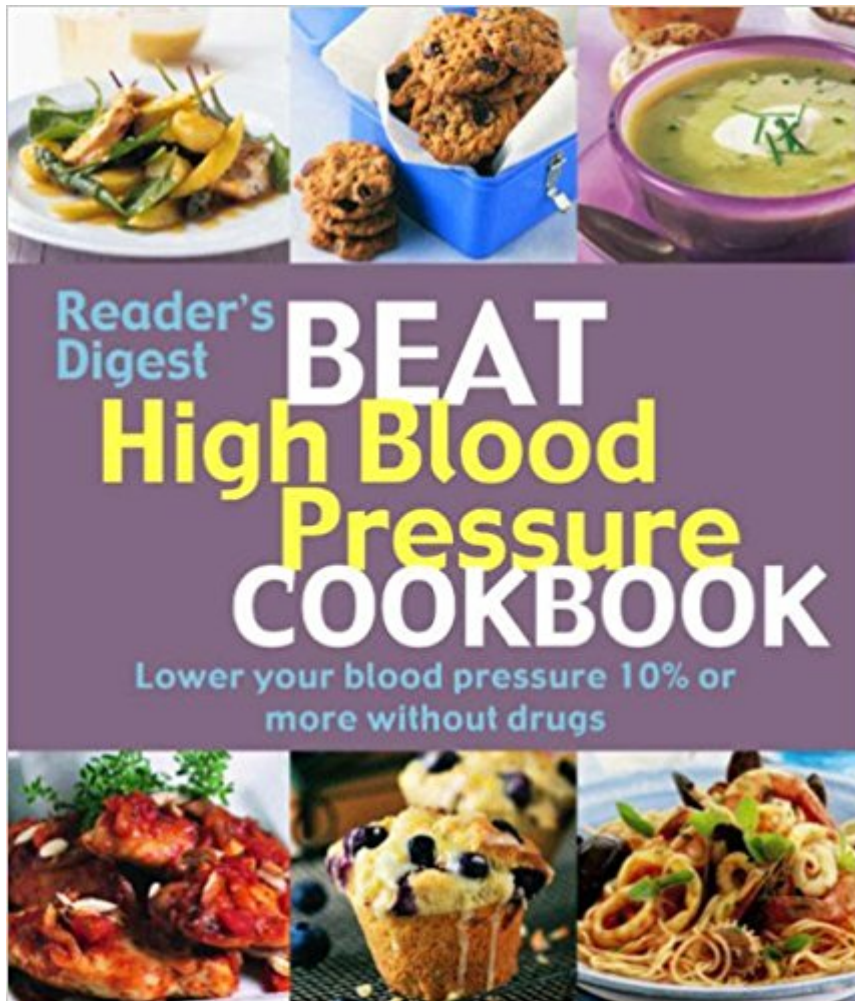




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# Beat High Blood Pressure Cookbook



## Book Information

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## Customer Reviews

Do you have high blood pressure? Are you concerned about either your high blood pressure or perhaps someone in your family with high blood pressure? Then this is the book for you. This cookbook skillfully lays out in detail just how to go about selecting and fixing healthy food for all your meals. Easy to follow recipes from Breakfast and brunch food, Starters and Snacks, Meat, Poultry, Seafood, Vegetarian, Main dish salads, Side dishes, Soups and Stews, ending with a focus on eating Sweet Things. This cookbook has made it easy for me to fix food I can enjoy and not worry about high blood pressure. Among of my favorite sweet things are Banana Custard Tart which I changed to Strawberry Custard Tart (this is strawberry season) and the Raspberry Frozen Yogurt. yum. All recipes are clear and include ingredients and instruction for each recipe. Very important information concerning the key nutrients such as calories, fat content, fiber and carb. levels etc. are all provided. That is a great help. This book was published by Reader's Digest and from their years of experience in the publishing field they really know how to cater to folks who are looking for cooking instruction. Three hundred and nineteen pages of recipes accompanied with many color photographs. It is a cookbook that will enhance your ability to prepare great food for eating and take your concern away from high blood pressure and fixing meals. Get it! Use it!

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