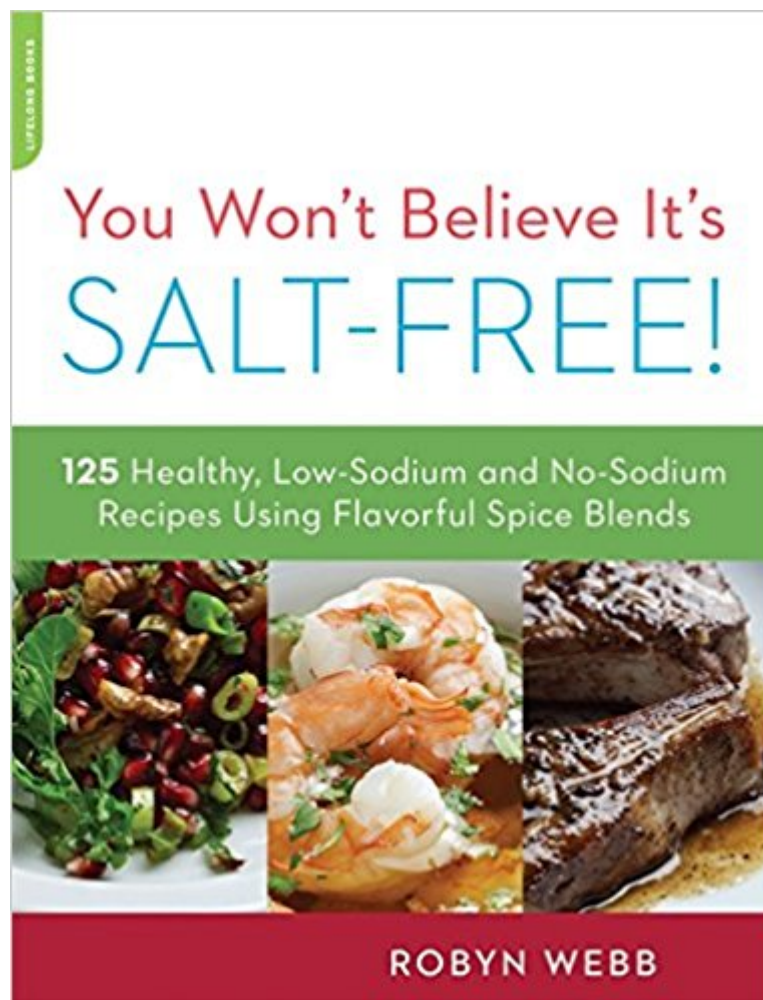




The book was found

# You Won't Believe It's Salt-Free: 125 Healthy Low-Sodium And No-Sodium Recipes Using Flavorful Spice Blends



## Synopsis

The American Heart Association recommends no more than two-thirds of a teaspoon of salt per day, but it's easy to exceed that in just one meal. For anyone with hypertension, heart disease, or diabetes—and the millions of Americans whose high salt intake puts them at risk of developing these conditions—You Won't Believe It's Salt-Free offers 125 delicious no-salt recipes that take family dinners from monotonous to mouth-watering. Culinary expert Robyn Webb reveals her secret: simple spice blends that anyone can buy or make at home, plus recipes that use exotic aromatics like kaffir lime leaves and star anise to create bold, beautiful flavors. From Chipotle Chicken to Herbs de Provence Squash, there is something for everyone's palate. Once you experiment beyond the salt shaker, your health will improve and your cooking will too.

## Book Information

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## Customer Reviews

Bookviews blog, November 2012 "[Webb's] book will surprise and delight." • San Francisco Book Review/Sacramento Book Review, 12/13/12 "A wonderful cookbook full of delicious and easy-to-make recipes." • Midwest Book Review, November 2012 "If it's the flavor in salt that you crave, this cookbook is the item of choice and offers fine alternatives for any looking at a salt-free diet." • EatDrinkBetter.com, 1/3/13 "If one of your New Year's resolutions was to eat healthy, this cookbook can help with lots of ideas for spicing up your food while reducing your sodium intake." • Internet Review of Books, 5/22/13 "Whether you need to cut down or eliminate salt intake, or simply are conscious of the need to reduce sodium in your diet, You Won't Believe It's Salt-Free! makes

sense. It works! Robyn Webb provides a wide range of other, tasty alternatives for the salt-conscious among us.

Robyn Webb, award winning nutritionist, cookbook author and teacher, has been a passionate advocate of cooking well and eating wisely for most of her life. In 1996, Robyn received the prestigious President's Council on Fitness, Healthy American Fitness Leader Award. She is an active member of the International Association of Culinary Professionals and serves currently as the past chairman of the Cooking Schools and Teachers section. She is the Associate Editor, recipe developer, and a columnist of the award winning Diabetes Forecast magazine published by the American Diabetes Association. She is the online Food Editor of [www.forecast.diabetes.org](http://www.forecast.diabetes.org).

This book has helped my sister with her no salt diet, she has been on a salt free diet since Feb for congestive heart failure. She loves it ! She does add more vegetables to some of the recipes and they are great. It has helped us enjoy a salt free diet.

Nice book however it is basically recommending and using Dash products in most recipes. Due to IC I cannot eat Dash products. Also most Dash products also have onion in them in some form. Being a Migraine patient Onion is on the Do Not Eat list unfortunately. Book is nicely arranged and gives good tips on herbs of which I already grow. Wanted a little more guidance without Dash.

While many people cut back on salt, we had to go practically salt free due to my husband's health. And this book had some really wonderful recipes. It gets really boring eating the same things week after week, so we were glad to find this cookbook. Thanks so much.

I like this but wanted to like it more. The recipes are good but seems like a lot of them that I already have, just with Dash and not with salt. I was looking for more of an inspired approach. Not bad though!

My friend loves it as she has to feed her husband salt-free meals

So far made the Salsa Fresca, Guacamole, Cod & Orange and it's All GREAT! Don't miss the salt with the recipes in this cookbook.

Enjoying numerous recipes from this book. It's making cutting back on sodium a bit easier.

good information .

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CARB RECIPES (low carb diet for beginners, lose weight, Atkins diet, low carb foods, low carb diet weight loss, low carb food list) Low Carb: The Ultimate Beginner's Low Carb Guide to Lose Weight Quick without Starving With over 20 Easy Recipes To Follow. (Low Carb, Low Carb Cookbook, ... Diet, Low Carb Recipes, Low Carb Cookbook) Low-Sodium Recipes: Decadent Sodium Free, Breakfast, Lunch, Dinner and More (The Easy Recipe) Low Carb: Low Calorie Cookbook: 200 High Protein Recipes for Weight Loss, Muscle Building, Healthy Eating and Increased Energy Levels (Low Carb High Protein ... Low Carb Cookbook, Low Carb Diet Book 1)

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