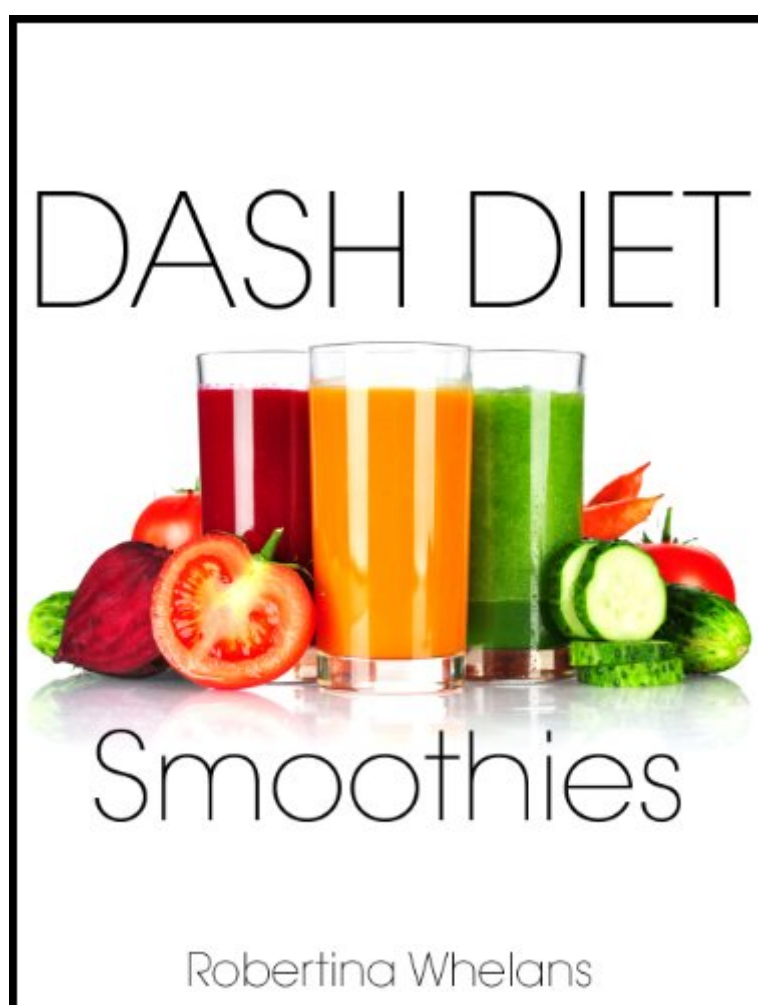


The book was found

# DASH Diet Smoothies: For Low Salt, Low Cholesterol, Weight Loss, And Diabetes Diets (DASH Diet Cookbook Book 1)



## Synopsis

The DASH Diet ranks #1 Diet two years in a row for 2013 and now 2014. "The best overall diet" - US News & World Report, 2014 The DASH diet is NOT a diet of gimmicks, but rather a lifestyle that works. LOWER BLOOD PRESSURE -- LOWER BLOOD SUGAR LEVELS -- LOWER CHOLESTEROL -- LOSE WEIGHT With high blood pressure affecting one in three Americans, the DASH diet offers very real and positive steps to take in order to bring health back to balance. There is a strong emphasis on fruit and vegetables with this food plan, and DASH Diet Smoothies offers a great introduction into increasing your fruit and vegetable intake. Nutritious, delicious and guaranteed to delight your taste buds, these recipes will keep you coming back again and again. Get your copy of the DASH Diet Smoothies recipe cookbook today.

## Book Information

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## Customer Reviews

the DASH diet was made popular after it has proven to be an effective way to reduce high blood pressure. The smoothies recipes in this book will go nicely with this diet as they are very nutritious

and are a good way to consume the fruit and veg in this diet. Recommended!

This book has tons of great creative smoothie recipes, plus gives info about the dash diet and what smoothies are all about I really liked the chocolate banana smoothie, and dreamy raspberry smoothie. Thanks

This book was a great find. Now we can have dash diet smoothies without having to compromise on great taste. Highly Recommended!

This book gives some nice recipes for smoothies that are not so high in calories and carbs.

Easy to read and make the recipes, and they taste great. I recommend this book to anyone looking for a quick lunch or breakfast that is still healthy.

I bought this book because my daughter loves her fruits and veggies and I wanted to make her some yummy smoothies for breakfasts. We tried the banana and coconut cream this morning and it was delicious! Going to make her the strawberry cucumber one tomorrow and try to fit some veggies in. Thanks!

I'm a big time lover of smoothies! There's nothing more quick, easy and extremely nutritious than.. a well-balanced smoothie. That's why I purchased this book. The author shares a ton of really creative recipe ideas that are super simple and extremely tasty. My fav's are the: orange ginger, sunshine smoothie and the spicy mandarin smoothie. Yum.. Very satisfied!

Husband happy with the book.

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