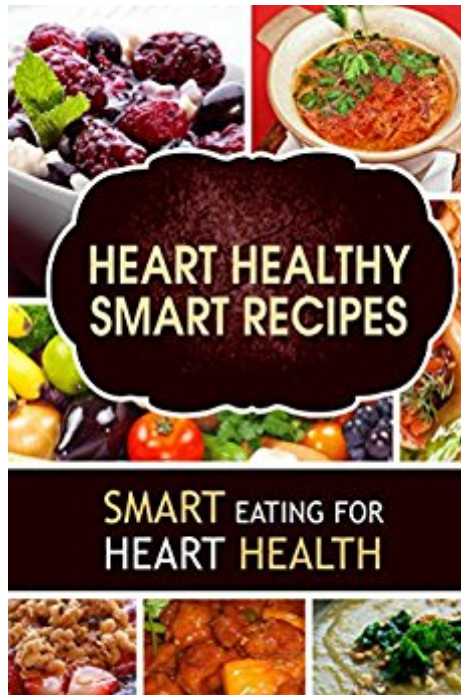


The book was found

# Heart Healthy Smart Recipes: Smart Eating For Heart Health



## Synopsis

Heart Healthy Smart Recipes - Smart Eating for Heart Health Looking for a healthy recipe that is low in saturated and transfat? The consequences of not taking care of our heart can lead to chest pain, stroke and even premature death. Because of this, specialists offer truckloads of advice on taking care of one of our most important organs, the heart. Discover the recipes that feature some of the world's healthiest foods that will help you take care of your heart Also, you'll discover..Foods to avoid keeping your heart healthyGood tips and advices to keep your heart healthyWhat foods to eat that is low saturated and trans fatAnd much more!

Table of Contents

Heart Healthy Snacks

Zucchini Fries

Dill Stuffed Mushrooms

Prosciutto Wrapped Dates

Oven-Fried Green Tomatoes

Orange Anzac Biscuits

Almond Butter Crunch Granola Bar

Salt and Vinegar Kale Chips

Chocolate Chip Trail Mix

Tart Cherry Energy Bar

Simple Almond Apricot Balls

Sweet Potato Evening Bites

Baby Carrot with Tahini

Homemade Choco Raisins

Strawberry Creamy Blast

Spicy Chicken Wraps

Ants On A Log

Grilled Pineapple Fruit Salad

Fruit & Nut Bars

Simple Guacamole

Coconut Shrimp

Avocado Cashew Hummus with Cucumber

Cocoa Date Spread

Cashew Spinach Dip with Bell Pepper

Sweet Carrot Raisin Salad

Fresh Zesty Pico de Gallo

Sardine & Avocado on Endives

Smoked Salmon Bites

Ginger Spice Cookies

Orange Cranberry Muffins

Spinach Mushroom Muffins

Health Conscious Baking

Citrus Herb Anzac Biscuits

Pure Pumpkin Bread

Nutty Apple Crumble

Gingerbread Cookies

Strawberry Toaster Pastry

Cocoa Zucchini Muffin

Sweet Cherry Fig Newtons

Lemon Coconut Pinwheel Cookies

Pineapple Coconut Cake

Sweet Banana Shortbreads

Cranberry Almond Cookies

Walnut Raisin Cookies

Cinnamon Raisin Bread

Avocado Club Muffin

Easy Poppy Seed Muffins

Carrot Cake Cookie Bars

Apple Pastries

Orange Cranberry Muffins

Onion Crumpets

Spinach Mushroom Muffins

Rosemary Basil Scones

Fennel Breakfast Biscuits

Everything Bagels

Avocado Banana Bread

Savory Spiced Pineapple Bread

Citrus Curry Spice Bread

Asian Orange Muffins

Sage Sausage Buns

Corn Muffins

Key Lime Coconut Bars

Heart Healthy Lunches

Chicken Soup

Emerald Soup

Indian Egg Fried Rice

Easy Mushroom Bites

Veggie Musakhan

Hearty Sweet Hunter Stew

All-Day Meatball Marinara

Thai Coconut Soup

Turkey Bacon Club Salad

Beef and Plantain Stir-Fry

Tuna Spread

Healthy Chicken Pot Pie

Asian Empanada

Stewed Chicken and Dumplings

Kelp Noodle Stir-Fry

Quick Chili

Veggie Burger

Kelp Noodle Salad

Simple Gazpacho + Tortilla Chips

Shrimp Taco

Grain-Free Tortillas

Zucchini Salad with Sundried Tomato Sauce

Spicy Tuna Tartare

Almond Cheese and Nori

Mango Ginger Apple Salad

Raspberry Almond Salad

Smoked Salmon Avocado Salad

Fresh Sashimi

Bento Bowl

Spicy Chicken Wraps

Chopped Spicy Zucchini

Uptown Clam Chowder

Heart Healthy Dinners

Cashew Chicken Satay

Orange Chicken

Luscious Zucchini Lasagna

Chickplant Filets

Salmon with Berry Chutney

Mirepoix with Red

SauceMushroom MasalaSweet & Spicy Venison Stir-FryHerb Roasted Pork TenderloinGround Beef Stuffed PeppersHealthy Gyro with Creamy TzatzikiChicken Souvlaki KebobsStuffed Cabbage in Tomato SauceSlow Cooker Herbed DuckJamaican Curried GoatBasque Style Cod Fish StewIndian Lamb StewMacadamia Crusted Ahi TunaCashew Crunch Kelp Noodle SaladTuna Tartar with Avocado and MangoDill Stuffed TomatoesBlack Pepper StewSpicy Kale QuicheRed Pepper Chicken FriesNuts & Turkey BurgersChicken BruschettaSpicy Zucchini Eggplant DineBaked Tilapia FiletsRed Pepper with Chicken ToppingsNatural Italian Chicken Sausage

## Book Information

File Size: 641 KB

Print Length: 250 pages

Publication Date: October 12, 2014

Sold by:Â Digital Services LLC

Language: English

ASIN: B00OGL0YDM

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #584,337 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #139

inÂ Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Heart Healthy #194

inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments >

Heart Disease #322 inÂ Books > Cookbooks, Food & Wine > Special Diet > Heart Healthy

## Customer Reviews

More women than men die of heart disease each year. My grandfather died of a heart attack so I knew heart disease ran in my family, at least on my father's side but I never worried about having a heart attack but finally realized the real facts. I knew it was time for me to change some bad eating habits. (like pizza 5 times a week) Once I decided I needed to start eating a heart-healthy diet I bought a few recipes books aimed at reducing the risk of heart disease. This is one of the recipe books I bought , Heart Healthy Smart Recipes: Smart Eating for Heart Health, and I am happy with it. I do exercise which also reduces your risk so the diet was just one more thing I could do to keep my heart going strong. I recommend it. Good recipes!

I was so excited to find this book as I have been searching for a good book with healthy recipes. This book is well written and the recipes are very easy to follow. It contains a wide variety of recipes that not only taste great, but they are very beneficial to your health as well. The author does a nice job explaining what foods to avoid as well. Excellent Read!

The author emphasizes the importance of eating smart; promoting the flow of blood, oxygen and nutrients - and these recipes are designed to do just that. There are over 100 recipes organized by snacks, baking, lunches and dinners. The ingredients use natural foods and fit perfectly with a fitness and diet plan. Most recipes take 30 minutes to prepare and cook so taking time out of your day to prepare a healthy meal is no longer an excuse!

This book was very informative for anyone who wants to make a real change in diet and overall health. However some of the ingredients, like Celtic sea salt. I don't think I will find that around here. to the rescue. But all in all, there are some really good recipes to try. Everything from dips, salads, main meals and desserts.

We are what we eat and the book Heart Healthy proves it. A simple easy to follow and mouthwatering healthy recipe collections. The Indian Egg Fried Rice with your Chicken Soup, I LOVE it! The Corn Muffins my daughter love it as well...don't ask how many muffins she eats (wink). I was so bless when I bought this book. It's truly worth a price.

You can never get tired of Heart Heart Healthy recipes. My family tends to get board with healthy eating so it can be a challenge to get them to stay on track. The author has done a great job with the basics but also has some unique options that I can't wait to try. Great book and worth every penny.

I like to see the nutritional information for the recipes I make since I consider that information vital to eating well. This book has none and I don't trust the recipes. Also the author makes the assumption that saturated fat is fine for healthy heart diets but cites no studies or proof. Very skeptical and doubt I'll be using this.

This is a great recipe book for people that want to stay healthy. It is informative about why people

should eat heart healthy and lists food to avoid. I love to bake and was pleasantly surprised at the delicious recipes that were listed also great meal ideas for anytime of the day.

[Download to continue reading...](#)

Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weight loss, Eat Clean Diet Book Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) Heart Health: Heart Healthy Cookbook: 30 Quick & Easy, Heart Healthy Greek Recipes For Smart Heart Health (cooking, weight loss, weight maintenance) (cooking, ... weight maintenance, weight watchers Book 1) Heart Healthy Smart Recipes: Smart Eating for Heart Health Belly Fat: Blowout Belly Fat Clean Eating Guide to Lose Belly Fat Fast No Diet Healthy Eating (Eating Clean, Healthy Living, Gluten, Wheat Free, Low Fat, Grain Free Diet, Detox) (Live Fit Book 1) Healthy Eating: Spring Healthy Eating Guide and 60+ Recipes Inspired by Traditional Chinese Medicine to Detoxify the Body and Achieve Optimal Health Healthy Eating: Winter Healthy Eating Guide and 60+ Recipes Inspired by Traditional Chinese Medicine to Warm Up the Body, Nourish Your Skin, and Achieve Optimal Health Eating Disorders Information for Teens: Health Tips About Anorexia, Bulimia, Binge Eating, and Other Eating Disorders (Teen Health Series) The EatingWell for a Healthy Heart Cookbook: 150 Delicious Recipes for Joyful, Heart-Smart Eating (EatingWell Books) Whole Food: The 30 day Healthy Eating Challenge (The Healthy Whole Foods Eating Challenge - 35 Approved Recipes for Rapid Weight Loss) Pumpkin Recipes: 30 Simple and Healthy Yummy Pumpkin Recipes for Every Taste Plus Fall and Winter Meals (Pumpkin Recipes & Healthy Eating) The Clean Eating Cookbook: 101 Amazing Whole Food Salad, Soup, Casserole, Slow Cooker and Skillet Recipes Inspired by The Mediterranean Diet (Free Quinoa Recipes) (Healthy Eating Made Easy Book 5) Clean Eating: Fire up Your Weight Loss and Energy with Amazingly Delicious Clean Eating Recipes (Clean Eating Cookbook) Renal Diet Cookbook: The Comprehensive Guide For Healthy Kidneys - Simple And Delicious Recipes For Healthy Kidneys (Healthy Eating) Belly Fat: The Healthy Eating Guide to Lose That Stubborn Belly Fat - No Exercise Required (Belly Fat, Healthy eating, weight loss for women, low fat, ... wheat, detox, grain free, gluten free) Heart Disease: Heart Disease Prevention And Reversal Guide To Prevent Heart Disease And Reverse Heart Disease With Heart Disease Prevention Strategies And Heart Disease Diet Advice Healthy Bread Cookbook: The Top 50 Most Healthy and Delicious Bread Recipes (banana bread, bread pudding recipes, daily bread, zucchini bread, monkey bread ... bread maker) (Top 50 Healthy Recipes) Lunch Recipes: 30 Most Delicious and Healthy Homemade Lunch

Recipes for Your Kids: (Healthy Recipes, Healthy Cooking) SMOOTHIES: Antioxidant Power Super Healthy Smoothie & Ice Kreme Recipes For Kids (Smoothie Recipes, Green Smoothies, Healthy Eating For Kids, Juicing, Vegan, Weight loss) 132+ Delicious Salads, Dressings And Dips: Healthy Salad Recipes For Weight Loss, Great For Vegetarian And Raw Vegan Diets (Gabrielle's FUSS-FREE Healthy Eating Cookbooks And Vegetarian Recipes)

[Dmca](#)