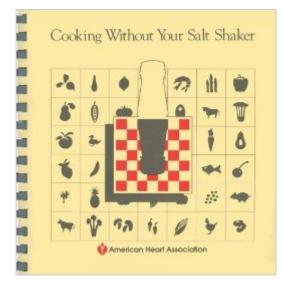
# The book was found

# **Cooking Without Your Salt Shaker**





## Synopsis

no salt cook book

### **Book Information**

Spiral-bound: 145 pages Publisher: American Heart Association (1978) Language: English ASIN: B001LM0W0O Product Dimensions: 8.6 x 8.2 x 0.6 inches Shipping Weight: 12.8 ounces Average Customer Review: 3.7 out of 5 stars Â See all reviews (3 customer reviews) Best Sellers Rank: #2,534,105 in Books (See Top 100 in Books) #120 in Books > Health, Fitness & Dieting > Diets & Weight Loss > American Heart Association

#### **Customer Reviews**

My Mom has congestive heart failure and went on a low salt diet.....this book was recommended by her CHF clinic so I ordered it for her.My Mom and Step Dad (he went on the diet with her) have found many great recipes for things they thought they would not get to eat again with her special needs!!!! recommend it for anyone trying to learn to cook low salt or no salt...

This is a rip-off!!!! This book cost me \$90 (something) dollars and it is a spiral-bound paperback!!! Would not recommend buying it at this price. Recipes are good but not that many recipes for the money.

, I rely on it all the time. Recipes have enough ingredients to taste good, use easy to obtain ingredients, and are simple enough to make. I bought an extra copy as a gift.

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