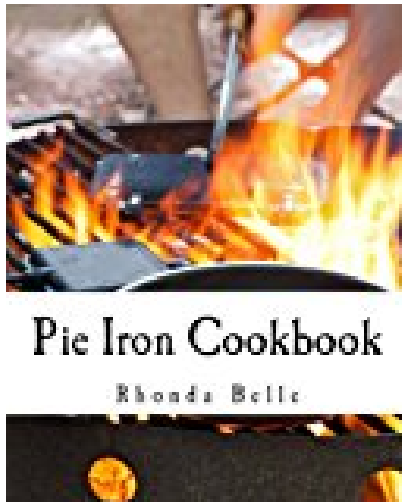


# Pie Iron Cookbook 60 Delish Pie Iron Recipes for Cooking in the Great Outdoors 60 Super Recipes Volume 20

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## BOOK DETAILS

- Author : Rhonda Belle
- Pages : 30 Pages
- Publisher : CreateSpace Independent Publishing Platform
- Language : English
- ISBN : 1535053054

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## **BOOK SYNOPSIS**

The bestselling cookbook--first time in paperback! The award-winning DASH (Dietary Approaches to Stop Hypertension) diet is a required medical recommendation for patients diagnosed with hypertension or pre-hypertension, as it has been proven to lower blood pressure and cholesterol without medication. A good diet is only as good as the food its plan provides. Now, New York Times bestselling author and foremost DASH expert Marla Heller together with bestselling cookbook writer Rick Rodgers, make it easy to prepare home-cooked meals that are fresh, fabulous, and DASH-approved. THE EVERYDAY DASH DIET COOKBOOK is the definitive cookbook for the DASH diet, filled with mouthwatering recipes designed to speed weight loss and revolutionize your health. This ultimate guide to cooking the DASH way serves up everything necessary to help you maintain a healthy lifestyle.

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