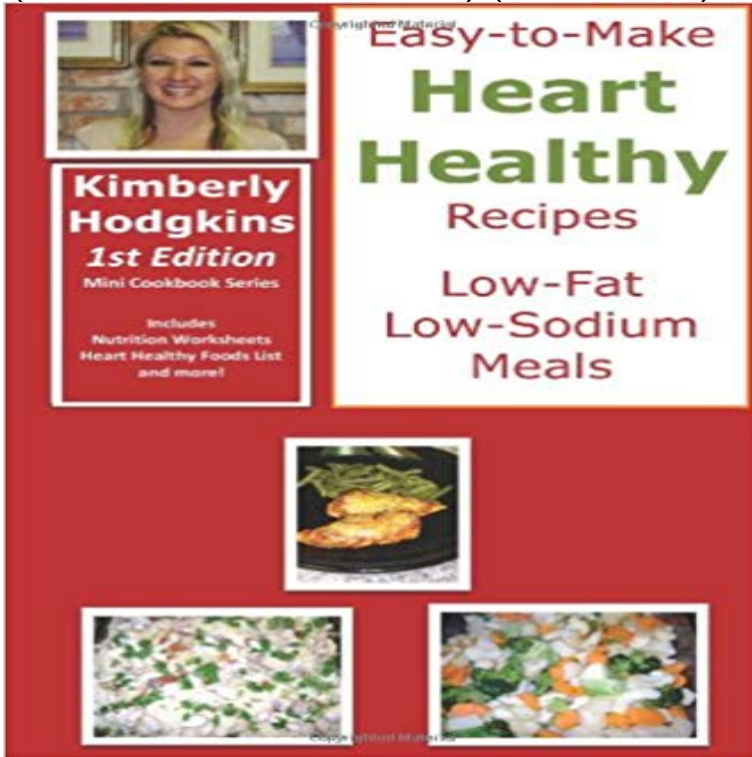


## Easy-to-Make Heart Healthy Recipes: Low-Fat Low-Sodium Meals (Mini Cookbook Series) (Volume 1)



From cook and author Kimberly Hodgkins, comes a cookbook with simple and quick heart healthy recipes. These recipes are designed for those who have little time or little know-how in the kitchen. Recipes are low in fat and low in sodium. This cookbook is a mini cookbook with over 20 single serving recipes for breakfast, lunch and dinner. Nutritional worksheets, a heart healthy foods list, foods to avoid, sodium content charts and much more are included.

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