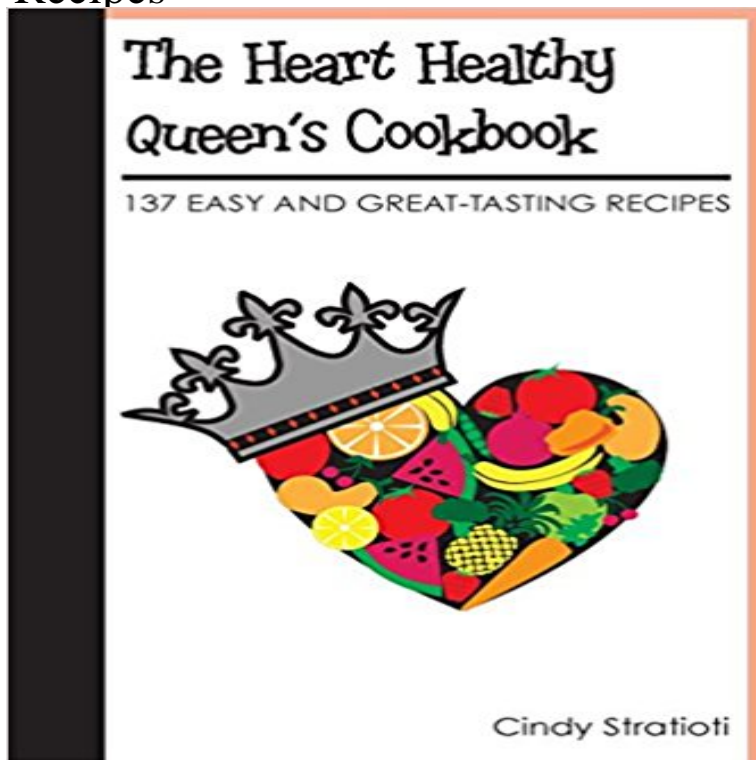


The Heart Healthy Queens Cookbook: 137 Easy and Great-Tasting Recipes



Cindys husband Jeff had a heart attack in 2010. To aid in his recovery, Cindy headed for the kitchen and modified their approach to cooking and eating. The Heart Healthy Queens Cookbook tells their story and provides easy, great tasting recipes both lower in sodium and fat. This cookbook is for anyone with a goal of eating heart healthier.

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