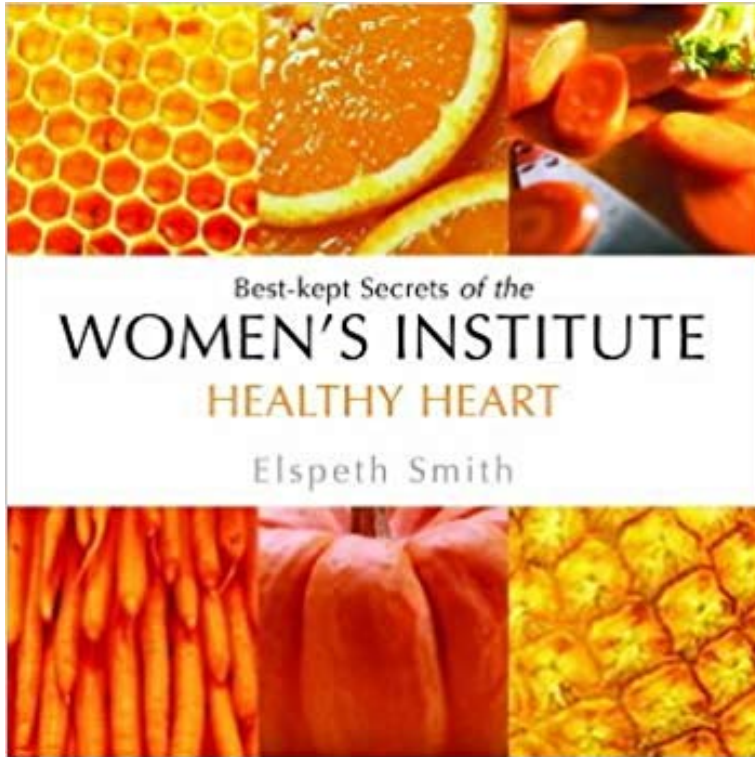


Healthy Heart: Best-Kept Secrets of the Womens Institute (Best-Kept Secrets of the Womens Institute Series)



A few years ago, the authors mother was unexpectedly diagnosed with a life-threatening cardiovascular condition, a diagnosis that prompted Elspeth and her family to look to their diet as a method of reducing their risk of cardiovascular disease. Here, she shares her discovery that eating for a healthy heart doesnt have to be boring, a point enticingly demonstrated through recipes as diverse and delectable as Char-Grilled Tuna with Mexican Salsa, Mediterranean Roasted Vegetable Strudel, and Strawberry and Orange Meringue Roulade with Fresh Strawberry Sauce. The Best-Kept Secrets is a series of cookbooks written by women who know all about cooking, homes and families from personal experience.

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