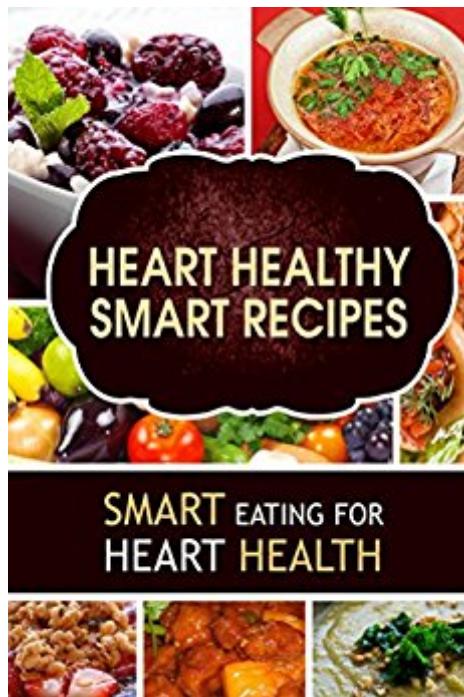


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# Heart Healthy Smart Recipes: Smart Eating For Heart Health



## Synopsis

Heart Healthy Smart Recipes - Smart Eating for Heart Health Looking for a healthy recipe that is low in saturated and transfat? The consequences of not taking care of our heart can lead to chest pain, stroke and even premature death. Because of this, specialists offer truckloads of advice on taking care of one of our most important organs, the heart. Discover the recipes that feature some of the worldâ™s healthiest foods that will help you take care of your heart Also, you'll discover..Foods to avoid keeping your heart healthyGood tips and advices to keep your heart healthyWhat foods to eat that is low saturated and trans fatAnd much more!Table of Contents Heart Healthy SnacksZucchini FriesDill Stuffed MushroomsProsciutto Wrapped DatesOven-Fried Green TomatoesOrange Anzac BiscuitsAlmond Butter Crunch Granola BarSalt and Vinegar Kale ChipsChocolate Chip Trail MixTart Cherry Energy BarSimple Almond Apricot BallsSweet Potato Evening BitesBaby Carrot with TahiniHomemade Choco RaisinsStrawberry Creamy BlastSpicy Chicken WrapsAnts On A LogGrilled Pineapple Fruit SaladFruit à ^N Nut BarsSimple GuacamoleCoconut ShrimpAvocado Cashew Hummus with CucumberCocoa Date SpreadCashew Spinach Dip with Bell PepperSweet Carrot Raisin SaladFresh Zesty Pico de GalloSardine & Avocado on EndivesSmoked Salmon BitesGinger Spice CookiesOrange Cranberry MuffinsSpinach Mushroom Muffins Health Conscious BakingCitrus Herb Anzac BiscuitsPure Pumpkin BreadNutty Apple CrumbleGingerbread CookiesStrawberry Toaster PastryCocoa Zucchini MuffinSweet Cherry Fig NewtonsLemon Coconut Pinwheel CookiesPineapple Coconut CakeSweet Banana ShortbreadsCranberry Almond CookiesWalnut Raisin CookiesCinnamon Raisin BreadAvocado Club MuffinEasy Poppy Seed MuffinsCarrot Cake Cookie BarsApple PastriesOrange Cranberry MuffinsOnion CrumpetsSpinach Mushroom MuffinsRosemary Basil SconesFennel Breakfast BiscuitsEverything BagelsAvocado Banana BreadSavory Spiced Pineapple BreadCitrus Curry Spice BreadAsian Orange MuffinsSage Sausage BunsâœCornâœMuffinsKey Lime Coconut Bars Heart Healthy LunchesChicken SoupEmerald SoupIndian Egg Fried âœRiceâœEasy Mushroom BitesVeggie MusakhanHearty Sweet Hunter StewAll-Day Meatball MarinaraThai Coconut SoupTurkey Bacon Club SaladBeef and Plantain Stir-FryTuna SpreadHealthy Chicken Pot PieAsian EmpanadaStewed Chicken and DumplingsKelp Noodle Stir-FryQuick ChiliVeggie BurgerKelp Noodle SaladSimple Gazpacho + Tortilla ChipsShrimp TacoGrain-Free TortillasZucchini Salad with Sundried Tomato SauceSpicy Tuna TartareAlmond Cheese and NoriMango Ginger Apple SaladRaspberry Almond SaladSmoked Salmon Avocado SaladFresh Sashimi Bento BowlSpicy Chicken WrapsChopped Spicy ZucchiniUptown Clam Chowder Heart Healthy DinnersCashew Chicken SatayOrange ChickenLuscious Zucchini LasagnaChickplant FiletsSalmon with Berry ChutneyMirepoix with Red

SauceMushroom MasalaSweet & Spicy Venison Stir-FryHerb Roasted Pork TenderloinGround Beef  
Stuffed PeppersHealthy Gyro with Creamy TzatzikiChicken Souvlaki KebobsStuffed Cabbage in  
Tomato SauceSlow Cooker Herbed DuckJamaican Curried GoatBasque Style Cod Fish StewIndian  
Lamb StewMacadamia Crusted Ahi TunaCashew Crunch Kelp Noodle SaladTuna Tartar with  
Avocado and MangoDill Stuffed TomatoesBlack Pepper StewSpicy Kale QuicheRed Pepper  
Chicken FriesNuts & Turkey BurgersChicken BruschettaSpicy Zucchini Eggplant DineBaked Tilapia  
FiletsRed Pepper with Chicken ToppingsNatural Italian Chicken Sausage

## **Book Information**

File Size: 641 KB

Print Length: 250 pages

Publication Date: October 12, 2014

Sold by:Â Digital Services LLC

Language: English

ASIN: B00OGL0YDM

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #584,337 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #139  
inÂ Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Heart Healthy #194  
inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments >  
Heart Disease #322 inÂ Books > Cookbooks, Food & Wine > Special Diet > Heart Healthy

## **Customer Reviews**

More women than men die of heart disease each year. My grandfather died of a heart attack so I knew heart disease ran in my family, at least on my father's side but I never worried about having a heart attack but finally realized the real facts. I knew it was time for me to change some bad eating habits. (like pizza 5 times a week) Once I decided I needed to start eating a heart-healthy diet I bought a few recipes books aimed at reducing the risk of heart disease. This is one of the recipe books I bought , Heart Healthy Smart Recipes: Smart Eating for Heart Health, and I am happy with it. I do exercise which also reduces your risk so the diet was just one more thing I could do to keep my heart going strong. I recommend it. Good recipes!

I was so excited to find this book as I have been searching for a good book with healthy recipes. This book is well written and the recipes are very easy to follow. It contains a wide variety of recipes that not only taste great, but they are very beneficial to your health as well. The author does a nice job explaining what foods to avoid as well. Excellent Read!

The author emphasizes the importance of eating smart; promoting the flow of blood, oxygen and nutrients - and these recipes are designed to do just that. There are over 100 recipes organized by snacks, baking, lunches and dinners. The ingredients use natural foods and fit perfectly with a fitness and diet plan. Most recipes take 30 minutes to prepare and cook so taking time out of your day to prepare a healthy meal is no longer an excuse!

This book was very informative for anyone who wants to make a real change in diet and overall health. However some of the ingredients, like Celtic sea salt. I don't think I will find that around here. to the rescue. But all in all, there are some really good recipes to try. Everything from dips, salads, main meals and desserts.

We are what we eat and the book Heart Healthy proves it. A simple easy to follow and mouthwatering healthy recipe collections. The Indian Egg Fried Rice with your Chicken Soup, I LOVE it! The Corn Muffins my daughter love it as well...don't ask how many muffins she eats (wink). I was so bless when I bought this book. It's truly worth a price.

You can never get tired of Heart Healthy recipes. My family tends to get board with healthy eating so it can be a challenge to get them to stay on track. The author has done a great job with the basics but also has some unique options that I can't wait to try. Great book and worth every penny.

I like to see the nutritional information for the recipes I make since I consider that information vital to eating well. This book has none and I don't trust the recipes. Also the author makes the assumption that saturated fat is fine for healthy heart diets but cites no studies or proof. Very skeptical and doubt I'll be using this.

This is a great recipe book for people that want to stay healthy. It is informative about why people

should eat heart healthy and lists food to avoid. I love to bake and was pleasantly surprised at the delicious recipes that were listed also great meal ideas for anytime of the day.

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