



Betty Crocker Healthy Heart Cookbook (Betty Crocker Cooking)

Roger S Blumenthal, Betty Crocker

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Delicious everyday meals you can eat to your heart's content!

Flavor-rich, family-friendly and heart-healthy--sound too good to be true? Not when you have Betty Crocker Healthy Heart Cookbook in your kitchen.

Betty Crocker has teamed up with the Director of The Johns Hopkins Ciccarone Center for the Prevention of Heart Disease and a nutritionist from the Bell Institute of Health & Nutrition to help you and your family eat well and feel your best. Here's to your heart!

- * Over 140 delectable recipes that are heart-healthy and easy to make, including Grilled Barbecued Beef and Bean Burgers, Gorgonzola Linguine with Toasted Walnuts, Oatmeal-Cranberry Muffins and Creme Caramel
- * Real-life advice from people who have--or are working to prevent--heart disease and who share great ideas on heart-smart food shopping, prepping and serving
- * Up-to-date information on heart disease, including risk factors, testing, prevention and treatment
- * Seven-day menu plan with a week's worth of healthy meals and snacks
- * Nutrition information with every recipe, plus Carbohydrate Exchanges and Carbohydrate Choices for stress-free meal planning
- * Heart health resource guide and a glossary of heart-healthy terms

"An essential guide for making it fun and easy to stay heart-healthy--this book is a must-have."
--Rita F. Redberg, M.D.

Director, Women's Cardiovascular Services
University of California at San Francisco

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Graciela Cook:

Spent a free the perfect time to be fun activity to try and do! A lot of people spent their down time with their family, or their friends. Usually they accomplishing activity like watching television, likely to beach, or picnic from the park. They actually doing same task every week. Do you feel it? Do you wish to something different to fill your free time/ holiday? Could be reading a book may be option to fill your no cost time/ holiday. The first thing that you ask may be what kinds of publication that you should read. If you want to consider look for book, may be the reserve untitled Betty Crocker Healthy Heart Cookbook (Betty Crocker Cooking) can be very good book to read. May be it might be best activity to you.

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