



Betty Crocker Healthy Heart Cookbook (Betty Crocker Big Book)

Betty Crocker

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**Betty Crocker Healthy Heart Cookbook (Betty Crocker Big Book) Betty Crocker
Delicious everyday meals you can eat to your heart's content!**

For the millions of people with cardiovascular disease, high blood pressure, or other cardiac-related conditions, maintaining a heart-healthy diet is essential. But eating right for heart health is good for everyone, especially when it's so easy to do. With the *Betty Crocker Healthy Heart Cookbook*, there's no need to sacrifice flavor or simplicity to eat right.

Written in partnership with one of America's most respected cardiologists, book includes more than 140 recipes that anyone can prepare and everyone can enjoy. These hearty-smart adaptations of familiar classics and nourishing new ideas will have the whole family eating quick, delicious meals that are easy on the heart—and the palate.

- Includes more than 140 recipes like Grilled Barbecue Beef and Bean Burgers, Gorgonzola Linguine with Toasted Walnuts, and Oatmeal-Cranberry Muffins
- Features up-to-date information on heart disease, including risk factors, testing, prevention, and treatment
- Offers seven-day menu plans with a week's worth of healthy meals and snacks
- Includes nutrition information with every recipe, plus carbohydrate exchanges and carbohydrate choices for stress-free meal planning

Whether you need to maintain a heart-healthy diet because of a cardiovascular condition or just for the sake of good health, the *Betty Crocker Healthy Heart Cookbook* is the perfect resource.

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Samantha Peay:

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