



The No Salt Cookbook: Nourishing Recipes With Delicious Mediterranean Influences

Emily George

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The No Salt Cookbook is full of delicious recipes that use herbs and spices to add texture without compromising on taste.

If you are following a low-sodium diet for health reasons, or you simply want to cut down on your salt intake, you'll find the recipes in The No Salt Cookbook easy to make, nutritious and delicious.

Based on the known benefits of the Mediterranean style of cooking, you'll love the traditional Italian dishes, Portuguese style chicken and delicious desserts.

(Emily George)



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