



WomenHeart's All Heart Family Cookbook: Featuring the 40 Foods Proven to Promote Heart Health

Kathy Kastan, Suzanne Banfield, Members of WomenHeart: The National Coalition for Women with Heart Disease, Wendy Leonard

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Heart disease is the leading cause of death among women, killing six times as many as breast cancer. What's worse, too few women realize the dire risk they face.

WomenHeart, the National Coalition for Women with Heart Disease, is an organization dedicated to helping women heart patients and those at risk for heart disease, whether they know it or not. Through an extensive support group network, they also help women who have heart disease live normal lives. And because dietary changes are often an important part of the recovery process, when their members gather, the conversation naturally turns to food.

To help spread the news of their work, WomenHeart has created this one-of-a-kind collection that focuses on 40 key foods known to promote heart health that features a number of family-friendly recipes from their members.

Packed with plenty of great-to-wake-up-to dishes like French Toast with Orange Cream and Lemon Blueberry Muffins, it also includes dozens of crowd-pleasing dinner favorites like Revamped Chicken Pot-pie, Beef and Vegetable Stroganoff, and Sesame Salmon with Spicy Cucumber Salad. In fact, in this collection there's a recipe for every occasion, as well as 40 enticing photographs.

Even better, this cookbook includes plenty of desserts, like Flourless Chocolate Cake, Summer Fruit Compote, and Raspberry Buckle, making it easy to see that fighting heart disease can mean indulging in the pleasures good food offers.

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and soul or real their passion. They just do what the educator want, like asked to go to the library. They go to generally there but nothing reading seriously. Any students feel that studying is not important, boring and also can't see colorful pics on there. Yeah, it is to become complicated. Book is very important for you personally. As we know that on this time, many ways to get whatever we wish. Likewise word says, ways to reach Chinese's country. Therefore , this WomenHeart's All Heart Family Cookbook: Featuring the 40 Foods Proven to Promote Heart Health can make you experience more interested to read.

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