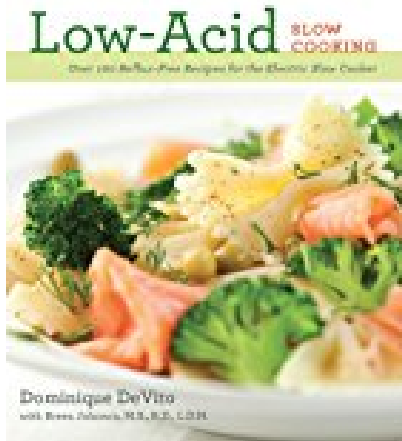


# Low-Acid Slow Cooking

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## BOOK DETAILS

- Author : Dominique De Vito
- Pages : 256 Pages
- Publisher : Cider Mill Press
- Language : English
- ISBN : 1604333170

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## BOOK SYNOPSIS

Gastroesophageal reflux disease (acid reflux disease) is a condition that affects upwards to 20-percent of the population of industrialized nations, and grumpy sufferers, forced to modify their diets, can now rest easy, because Ellen Brown has come up with more than 100 recipes that remove the acid but not the taste! Breakfast, lunch, dinner, snacks, appetizers, and dessert are all covered, and recipes include: No Problemo Salsa, Black Bean Soup, Chicken Breast & Prosciutto, Apple & Arugula Salad, Sweet Potato No-Fries, Breakfast Smoothie, and more!

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