



# The No-Salt, Lowest-Sodium Baking Book

*Donald Gazzaniga*

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## **The No-Salt, Lowest-Sodium Baking Book** Donald Gazzaniga

Donald Gazzaniga, diagnosed with congestive heart failure, was headed for a heart transplant. Urged by his doctor to keep his sodium intake "under 1,500 to 2,000 milligrams a day," Don headed for the kitchen and went to work devising recipes for delicious low-sodium dishes that added up to less than 500 milligrams daily. The results? Don's name has been removed from the transplant list, and Don shared his recipes with the world in *The No-Salt, Lowest-Sodium Cookbook*.

Readers of that first book have kept in touch with Don via his Web site, and have written him letters asking for more. What they most often ask for is a book with more bread recipes, more recipes for cakes and cookies and muffins and tea breads, more of all those great baked things--in short, for the book you now hold in your hands. Don teamed up with his daughter, professional nutritionist Dr. Jeannie Gazzaniga Molo, to fill *The No-Salt, Lowest-Sodium Baking Book* with recipes that are as healthy and delicious as possible. As in the previous book, they tell you just how much sodium is in each ingredient. They provide satisfactory substitutes for flavorings that patients with congestive heart failure and high blood pressure shouldn't have. All easy to make and delicious to eat. Go for it!

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