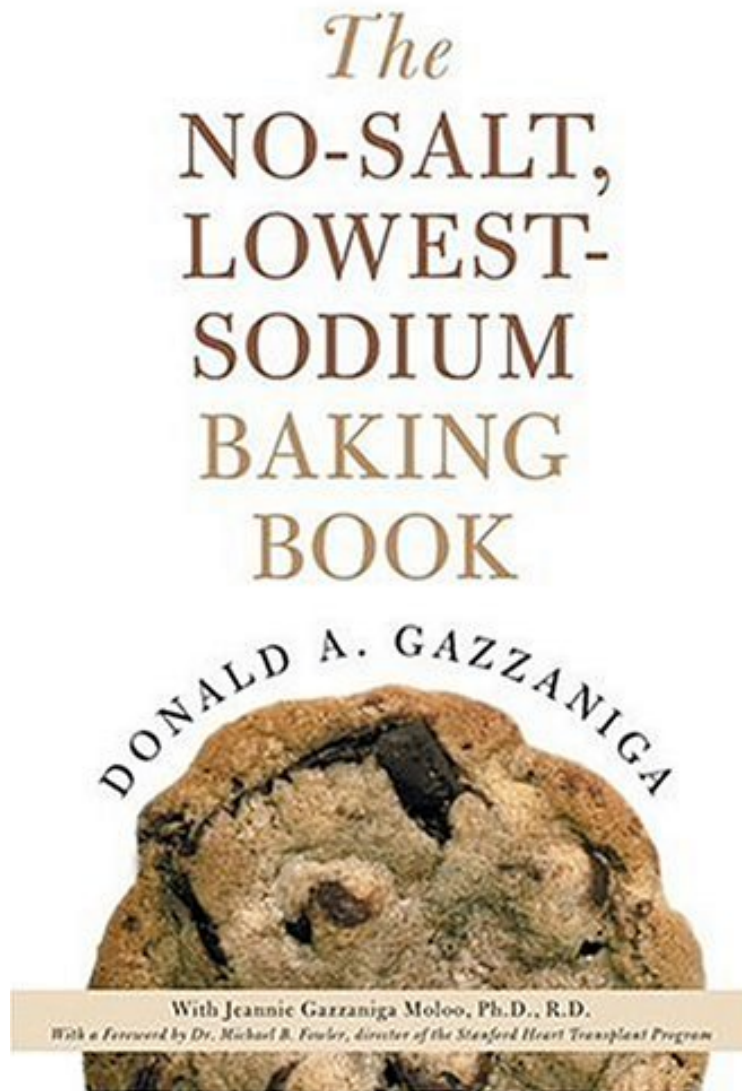


[Ebook pdf] The No-Salt, Lowest-Sodium Baking Book

## The No-Salt, Lowest-Sodium Baking Book

Donald Gazzaniga

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#225272 in Books 2004-11-11 2004-10-21 Original language: English PDF # 1 233.93 x .58 x 6.141, .75 #File Name: 0312335245240 pages | File size: 61.Mb

**Donald Gazzaniga : The No-Salt, Lowest-Sodium Baking Book** before purchasing it in order to gage whether or not it would be worth my time, and all praised The No-Salt, Lowest-Sodium Baking Book:

0 of 0 people found the following review helpful. Low sodium doesn't mean you can't enjoy a goodie!By Zipporah SandlerMy husband was recently diagnosed with both congestive heart failure AND kidney disease. I had a difficult time finding GOOD breads and pastries in the store that were within his sodium range, so I decided to pick up this book and give baking them a try. Since purchasing it we have been enjoying lots of great breads (some you'd never miss the salt) and goodies...something he thought he'd have to give up forever.If you already own Donald Gazzaniga's

The No-Salt, Lowest-Sodium Cookbook you'll find many of the same baking recipes in that. I wish I had known this in advance. Nonetheless, this baking book will make you feel like you can enjoy just about anything you did before. 1 of 1 people found the following review helpful. Good book  
By Seth Vermaaten  
This book really does have some incredibly low sodium recipes for baking which is hard to do, but necessary for some of us with heart problems. So far the 2 or 3 recipes I have tried have been good and relatively easy to make and I love the outcomes and will be making more recipes. I have only 2 problems with this book that prevented me from saying I loved it!  
1. You do have to go out of your way to find a few of necessary ingredients to make their good, most notable in regards to no sodium baking soda, and no sodium baking powder. Once I found a supplier it was no problem ordering but I had to search a bit to find them.  
2. The chocolate Chip cookie on the front of the book is a lie, there is no Chocolate chip cookie recipe in this book which I was really hoping for, it is one of my personal favorite treats and since I now have heart failure I was hoping to find a low sodium chocolate chip cookie recipe to make once in awhile. Alas it is still not to be.  
Both these complaints are relatively small I still highly recommend this book, just realize no chocolate chip cookies!!!  
1 of 1 people found the following review helpful. Highly recommended  
By Love My Portie  
What a wonderful cookbook! My 92 year old parents are on highly salt restricted diets due to congestive heart failure and kidney disease. The thing they missed the most was baked goods. This book has recipes for everything from waffles to bread and cookies. There is information on where to find sodium-free baking powder and baking soda, as well as other no-salt or low-salt ingredients that you might not be able to find locally. Well written, with a wealth of information. I highly recommend this book for anyone concerned about the amount of sodium in their diet.

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 Moloo, 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!

From Booklist  
People compelled to control their sodium intake will welcome *The No-Salt, Lowest-Sodium Baking Book*. Following his earlier cookbook, Donald A. Gazzaniga shows how to ensure that those who can't tolerate sodium can still enjoy flavorful baked goods. Gazzaniga covers both yeast-raised and quick breads. The latter require special sodium-free baking powder to achieve the lowest sodium levels. Garlic-cheese focaccia, French onion bread, and Italian sourdough make for good sandwiches. Sweet breads, including one with oats, dates, and prunes, provide plenty of fiber. Cookie recipes, especially those for biscotti, supply plenty of spicy flavor without compromising on sodium levels. Gazzaniga also shares nutritional information for diabetics, and he further explains how to make his recipes suitable for sugar-restricted diets. Mark Knoblauch  
Copyright © American Library Association. All rights reserved  
"People compelled to control their sodium intake will welcome *The No-Salt, Lowest-Sodium Baking Book*."  
?Booklist  
"Over 100 tempting recipes are included...recommended."  
?Library Journal  
About the Author  
Don Gazzaniga retired from the communications industry a few years ago. Since he changed his diet to the very low-sodium dishes he has devised, he is again able to pursue his hobby of fishing as well as take moderate walks. He lives in Loomis, California.