



Low-Acid Slow Cooking

Dominique De Vito

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Those with acid-reflux no longer have to suffer from bland food choices with these 125 delicious, sumptuous, and guaranteed-to-battle-acid reflux recipes.

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 Dominique Devito 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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