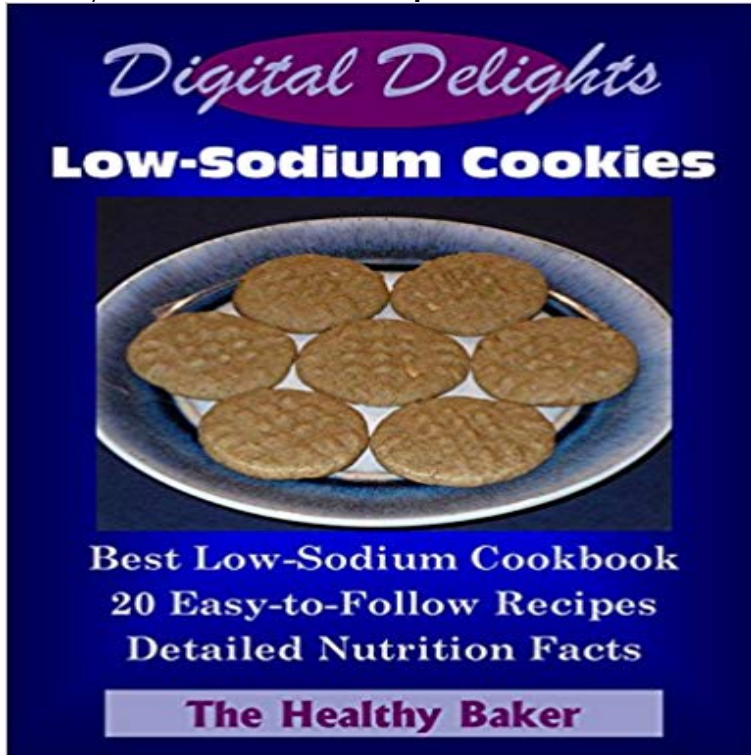


## Digital Delights: Low-Sodium Cookies - Best Low-Sodium Cookbook 20 Easy-to-Follow Recipes Detailed Nutrition Facts



Digital Delights: Low-Sodium Cookies offers delicious recipes the whole family will love. Each cookie contains 21 to 43 milligrams sodium. Since the low-sodium food definition is 140 milligrams or less sodium per serving, this means you can devour 3 to 6 of these scrumptious treats and still follow a low-sodium diet! You will find mouth-watering cookie recipes like Chocolate Chip, Peanut Butter and Gingersnaps as well as many soon-to-be favorites like Chocolate Crackle Puffs, Reeses Pieces Cookies and Spiced & Iced Molasses Cookies. The recipes use common, everyday ingredients and are presented in an easy-to-follow format with step-by-step directions. Detailed nutrition facts are provided with each recipe. Nutrition information includes: calories, protein, carbohydrates (total, fiber, sugars), fat (total, trans, saturated, monounsaturated, polyunsaturated), cholesterol, sodium, potassium, phosphorus, calcium and percentage of calories from total fat and saturated fat. Digital Delights: Low-Sodium Cookies: Almond Spritz Cookies, Banana Chocolate Chip Oatmeal, Butterscotch Cookies, Double Chocolate Almond Cookies, Chocolate Chip Cookies, Chocolate Crackle Puffs, Cinnamon Chocolate Chews, Cinnamon Oatmeal Cookies, Soft Gingersnaps, Frosted Lemon Drops, Spiced & Iced Molasses Cookies, Mini Monster Cookies, Iced Orange Cookies, Orange Cremes, Peanut Blossoms, Peanut Butter Cookies, Reeses Pieces Cookies, Snickerdoodles, Sugar Cookies and Toffee Cookies. 20 Recipes, 20 Photos.

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