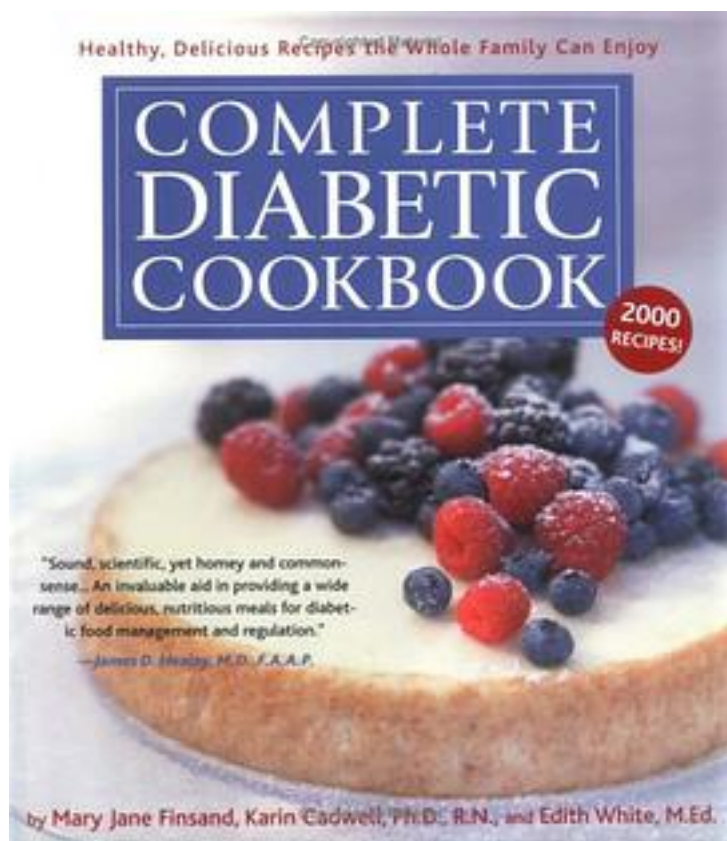


Complete Diabetic Cookbook



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著者:Finsand, Mary Jane/ Cadwell, Karin/ White, Edith

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If you are one of the millions of British and Europeans living with diabetes, this cookery book will be a vital addition to your kitchen. Mary Jane Finsand was tired of cooking two meals every night - one for the family and one for her diabetic husband - so she adapted thousands of familiar and popular recipes for the low-sugar needs of diabetics, but kept them tasty enough for the whole family to enjoy. The first section of the book covers fruits and vegetables, meat and seafood, soups and salads and a

variety of snack foods. The second half focuses on diabetics' biggest problem area: cakes, puddings, sweets and chocolate - every type of pudding that has in the past been off-limits to diabetics.

作者介绍:

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