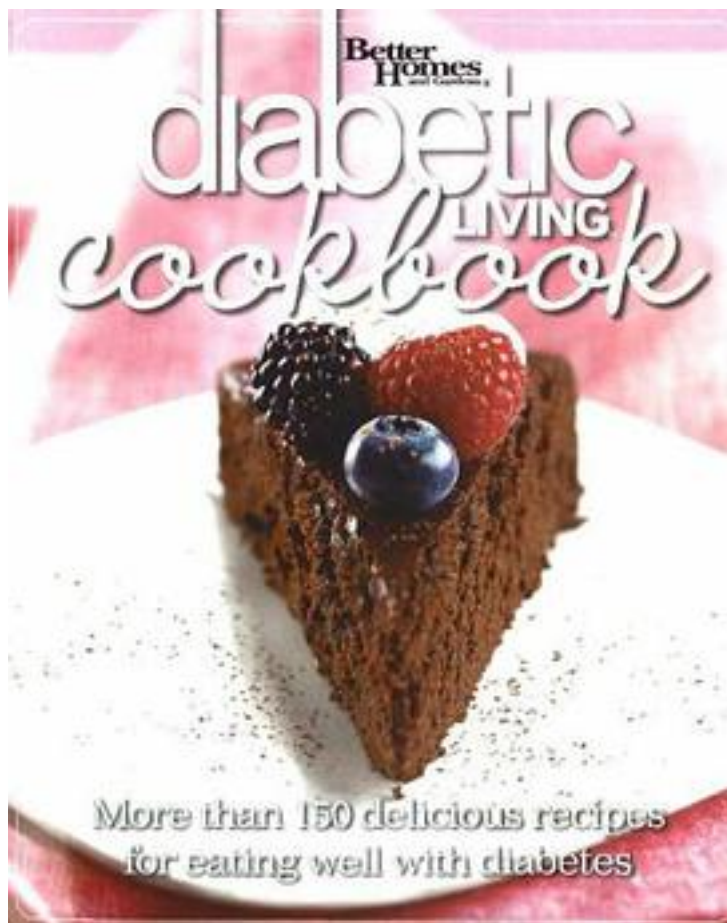


Diabetic Living Cookbook



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著者:Lastbetter Homes & Gardens

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More than 150 great-tasting recipes specially designed for people living with (or at risk of developing) diabetes. Recipes are so flavorful they're sure to satisfy everyone at the table--no need to cook separate meals Choices for every meal and snack of the day. Savor Rosemary Potato Frittata, Salmon Penne Salad, Mocha Cake with Berries, and

much more. Every recipe includes exchanges and complete nutritional information. Sidebars throughout the book spotlight helpful tips on healthy cooking techniques, smart ways to dine out, and lifestyle ideas that make living with diabetes easier. Advice from professionals on how to get the best results when cooking with sugar substitutes.

作者介绍:

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