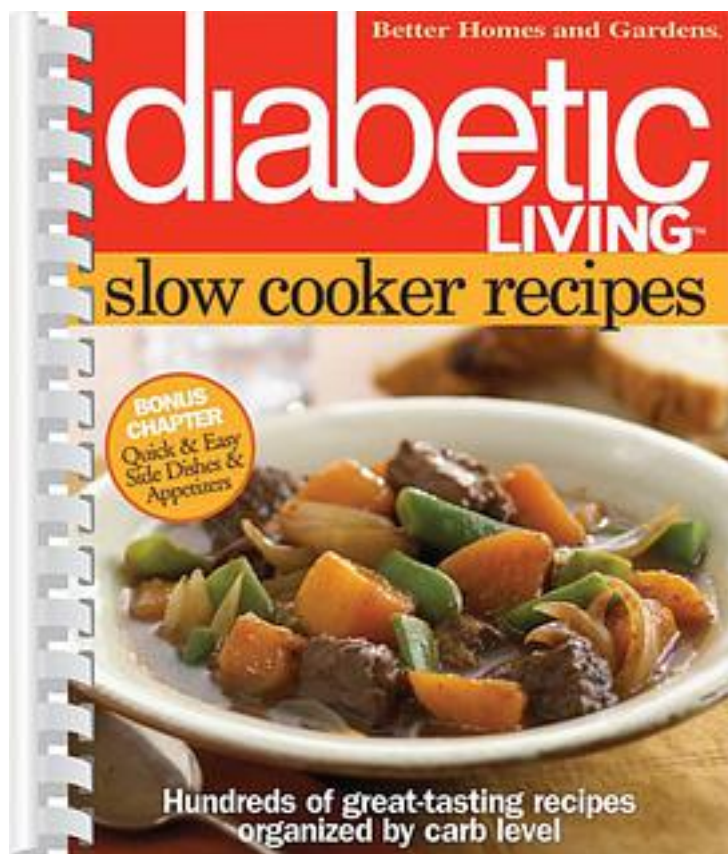


Diabetic Living Slow Cooker Recipes



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著者:Holcomb, Carrie E. (EDT)

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More than 240 recipes to make in a slow cooker that are perfected for people living with (or at risk of developing) diabetes as well as those following a low-carb diet. Recipes are so flavorful they're sure to satisfy everyone at the table--no need to cook separate meals Chapters are skillfully organized by carb level (in 5-gram increments) for super-easy access. Bonus chapter features recipes for quick-to-make low-carb,

low-fat side dishes and desserts. Complete nutritional analysis as well as diabetic exchanges for each recipe.

作者介绍:

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