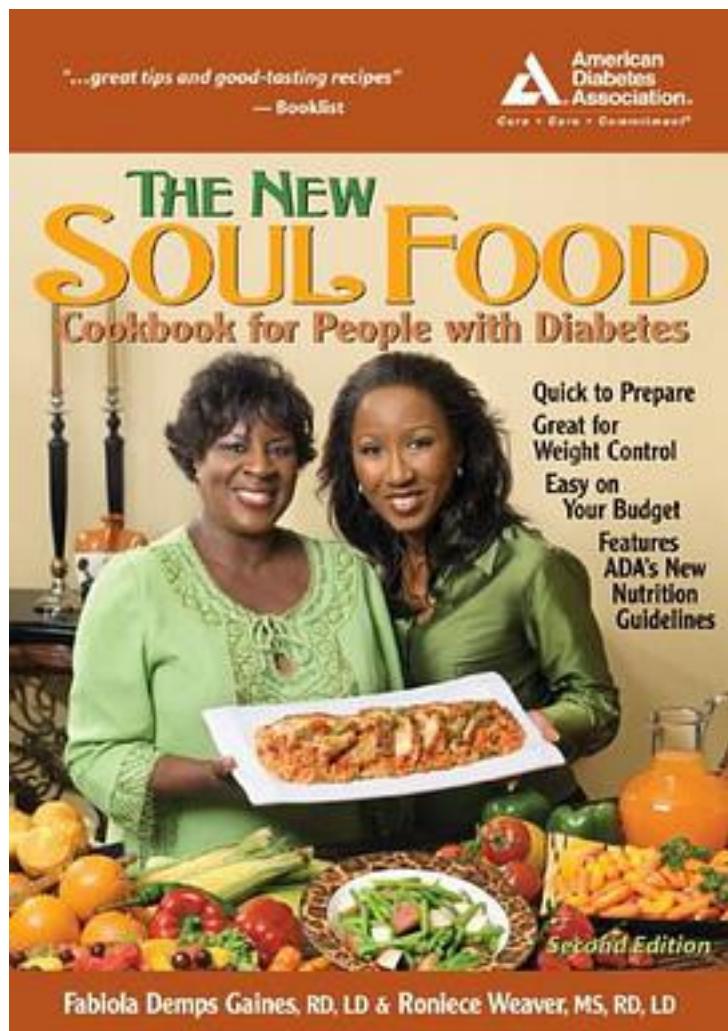


New Soul Food Cookbook for People with Diabetes



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The first and only African-American cookbook for people with diabetes. Although there are many cookbooks for people with diabetes, there is only one for people interested in African-American cooking. "The New Soul Food Cookbook for People with Diabetes" enters a new edition with great-tasting and offers you flavorful recipes such as barbecue pulled pork, fried okra, orange sweet potatoes, shrimp jambalaya and more. All of the Cajun, Creole, and down-home favorites are here for you--and now in healthier versions than ever before. Each recipe adheres to the new nutrition guidelines of the American Diabetes Association and is guaranteed to be low in saturated fat.

作者介绍:

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