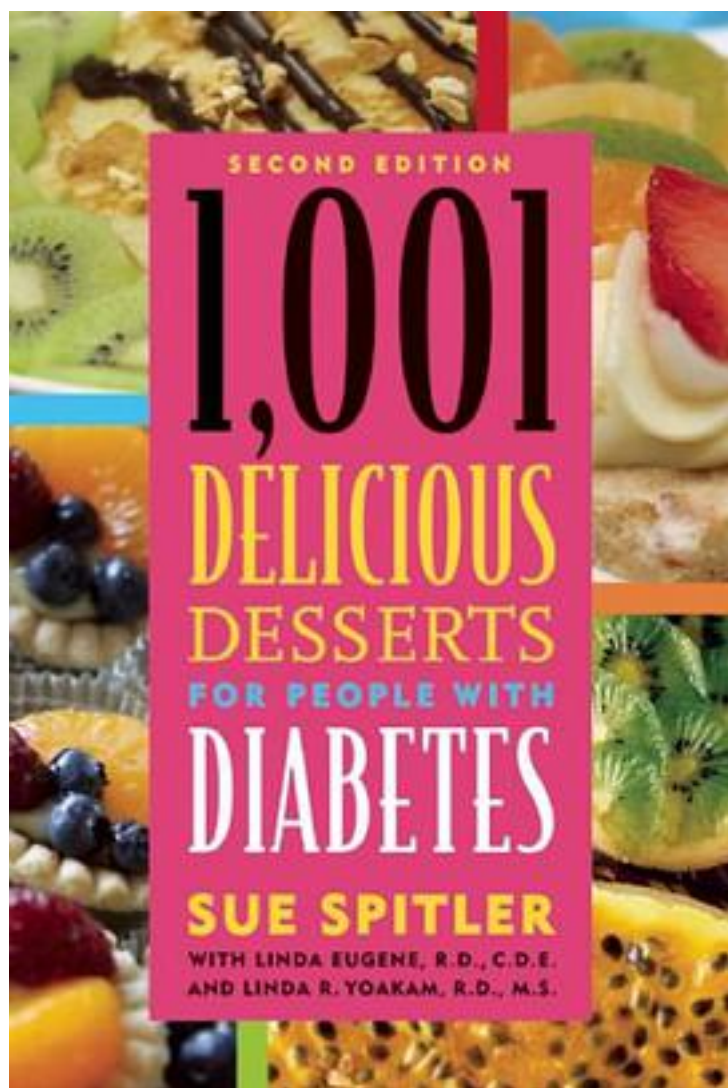


1,001 Delicious Desserts for People with Diabetes



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One of the biggest culinary challenges facing diabetics is how to enjoy great desserts despite dietary constraints. This book contains more than 1,000 safe, satisfying, and simple recipes for cakes, cookies, puddings, custards, pies, cobblers, and other treats. Choose from delectable offerings like chocolate cake, old-fashioned apple crisp, black walnut sponge cake, or refreshing key lime pie. The dishes are consistent with the latest diabetes recommendations and make use of today's new lower-fat ingredients; all recipes include nutrition facts and food exchanges.

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