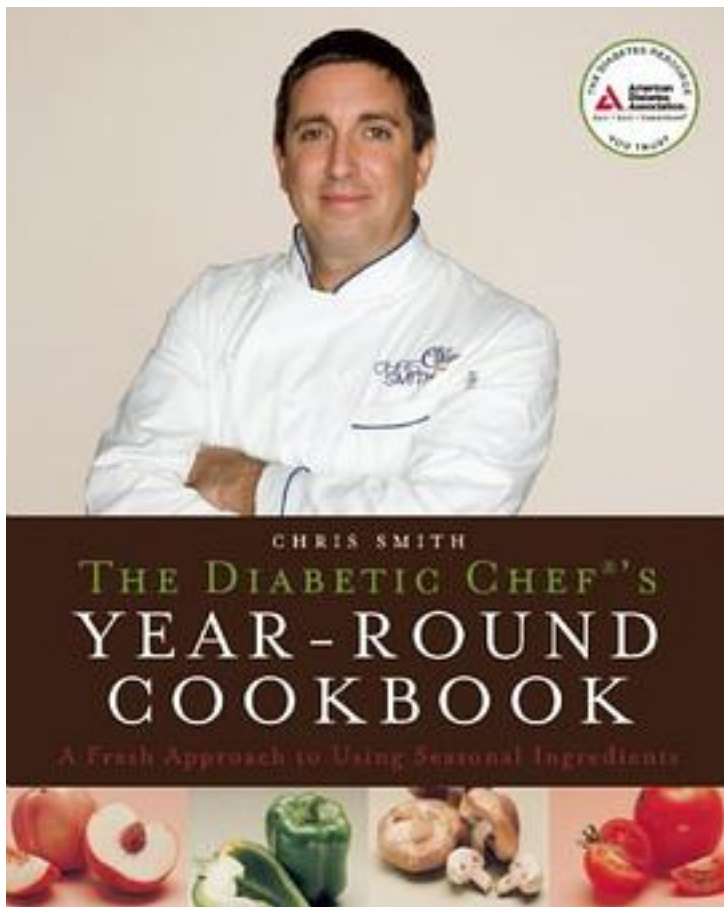


The Diabetic Chef's Year-Round Cookbook



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著者:Smith, Chris

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Who knows more about cooking for people with diabetes than a chef who actually has diabetes himself? The Diabetic Chef(TM), Chris Smith, is at it again with a second cookbook that uses a seasonal approach to great tasting, easy-to-prepare meals. Drawing on his own experience as both a chef and a person with diabetes, Chris has

concocted 125 mouth-watering recipes that emphasize fresh-ingredients for flavor--and overall diabetes health.

作者介绍:

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