



## Every Day Cooking for Diabetes: 75 Quick and Easy Recipes Full of Delicious Foods for a Healthy Diet Bursting with Taste and Goodness

By Bridget Jones

Anness Publishing. Paperback. Book Condition: new. BRAND NEW, Every Day Cooking for Diabetes: 75 Quick and Easy Recipes Full of Delicious Foods for a Healthy Diet Bursting with Taste and Goodness, Bridget Jones, This title features a selection of delicious recipes that will inspire diabetic cooks and enable them to enjoy food with the family on an everyday basis. It contains recipes for quick snacks, light lunches, substantial suppers and large family meals, and includes a chapter on special occasional treats such as puddings, cookies and desserts. Recipes are full of slow release carbohydrates that are high in flavour, energy and goodness but low on sugar, salt and fat, to make the most of your mealtimes. It is illustrated with over 160 photographs, each of the 75 recipes comes with a complete nutritional analysis and easy-to-follow instructions. This book contains everything you need for a day to day diet that is high on goodness and flavour and low on salt sugar and empty calories. The recipes present a collection of dishes that use a wide variety of ingredients, food types, flavourings and tastes. Here you will find meals that you can cook for every day of the week, simple suppers,...



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