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The Complete Book of Diabetic Cooking: The Essential Guide to Diabetes with an Expert Introduction to Nutrition and Healthy Eating - Plus 170 Delicious Recipes Shown Step by Step in Over 650 Fabulous

By Bridget Jones

Anness Publishing. Hardback. Book Condition: new. BRAND NEW, The Complete Book of Diabetic Cooking: The Essential Guide to Diabetes with an Expert Introduction to Nutrition and Healthy Eating - Plus 170 Delicious Recipes Shown Step by Step in Over 650 Fabulous Practical Photographs, Bridget Jones, This authoritative, practical recipe book contains 170 recipes that provide everything that is needed for a varied, enjoyable and satisfying diabetic diet, with ideas for breakfast, lunch and dinner that everyone will want to eat. There are healthy and sustaining snacks, and food that can be prepared in minutes, as well as main dishes, appetizers and desserts. To prove that diabetes does not mean denial, all the recipes are packed full of taste. Lavishly illustrated with over 650 photographs, and packed full of vital information and advice, including full nutritional breakdowns throughout, this expert book will be welcome reading for anyone living with diabetes.



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