



Diabetic Friendly Recipes - Raw Food Vegan Recipes - 30 Delicious Recipes in Total - 15 Fruit Salad Recipes - 15 Salad Recipes (Diabetic Friendly Vegan Recipes)

Karla Sutherland

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DIABETIC FRIENDLY RECIPES THAT ARE DELICIOUS FOR THE ENTIRE FAMILY.

The recipes inside were written by a diabetic and are not to be taken as Medical advice. Seek your Doctors advice first before adding any new foods into your diet.

Living with diabetes can often be a burden, and we will all have our ups and our downs. But one thing is for sure, and that is that we do not have to deprive ourselves of so many delicious food choices that we have on this planet!

These delicious recipes were designed to give people healthy choices. Not just people with diabetes but everyone in general. These recipes are not to be taken as some kind of miracle cure for diabetes because there really isn't one. And we do not want to come off as those who try and dupe people into believing that we hold the answers.

Delicious salad and fruit salad recipes are healthy for anyone!

We hope that you enjoy them and look forward to bringing you more healthy choice recipes in the future!

Take a look at the recipes inside.

Couscous with Garbanzo Beans, Fennel and Citrus Carrot-Raisin Salad Red Pepper and Broccoli Salad with Homemade French Dressing Asian Salad Recipe Easy Cucumber Salad Brown Rice

Confetti Salad Costa Rican Salad Crispy Oriental Salad Curried Corn Salad Tofu “Egg” Salad
Gazpacho Salad Roasted Eggplant Salad Grated Beet Salad Green Bean and Tomato Salad Zucchini
and Corn Salad Autumn Fruit Salad Banana Split Salad Carrot Apple Salad Special Fruit Salad
Kumquat-Cucumber Salad Best Fruit Salad Fruited Rice Salad Honeyberry Salad Island Salad
Jicama Salad Jicama Slaw Mango Melon Salad Melon and Mint Salad Fruit Essence Salad Fruit and
Cardamom Salad

**We welcome you to our delicious recipes and hope
that you enjoy them!**

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