



Diabetic Cooking: 3 Cookbooks in 1

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Sacrifice no more! With 142 enticing dishes listing nutrients and exchanges, this healthful cookbook offers a world of diabetic cuisine. With three exciting books in one—Diabetic Recipes, Diabetic Cooking for 1 or 2, and Diabetic Desserts—you'll discover appealing appetizers and snacks, mouthwatering dishes for everyday dinners, decadent desserts, and more, including:

- Beef & Bean Burritos
- Greek Spinach-Cheese Rolls
- Italian Crouton Salad
- Baked Pasta Casserole
- Grilled Portobello Mushroom Sandwich
- Apple Crisp
- Lemon Mousse Squares
- And many more!

And with a special "My Favorites" section for you to personalize, plus helpful hints, tips, and an index, finding the perfect recipe is easy as pie! Sure to delight the whole family, diabetic or not.



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