



The Complete Quick & Hearty Diabetic Cookbook: More Than 200 Fast, Low-Fat Recipes with Old-Fashioned Good Taste

American Diabetes Association

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The Complete Quick & Hearty Diabetic Cookbook features dozens of simple yet delicious recipes from appetizers and salads to pasta, poultry, and desserts. Choose from more than 200 fast and simple-to-make, low-fat recipes with old-fashioned good taste. These are homestyle favorites brought back in healthy and tasty versions for everyone to enjoy!



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