



Giant Book of Diabetic Cooking

Karin Cadwell, Edith White, Mary Jane Finsand

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Fresh Blueberry Pancakes, Beef Stroganoff, Mousse au Chocolat: these are recipes that diabetics *and* the whole family will enjoy! From delectable breakfasts to scrumptious stews to delicious desserts, this gigantic cookbook contains a full feast of safe and healthy, guilt-free food suggestions that satisfy every craving. Start the day with an Apricot Morning Drink and tasty Scrambled Eggs Primavera, filled with fresh vegetables and spooned onto muffins. Dig into a Hot Bean Salad and Quick Kabobs. Savor a gourmet Roast Duck with Orange Sauce, or a full of flavor main courses, including Lasagne. Casseroles, salads, and sauces; sandwich spreads and snacks, pies and turnovers--the selection is wide-ranging and the color pictures of the finished dishes mouth-watering. Included are the up-to-date American Diabetes Association Exchange Lists and calorie counts for every recipe.

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