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The Diabetic Gourmet Cookbook: More Than 200 Healthy Recipes from Homestyle Favorites to Restaurant Classics

By Editors of The Diabetic Gourmet magazine

John Wiley and Sons Ltd. Paperback. Book Condition: new. BRAND NEW, The Diabetic Gourmet Cookbook: More Than 200 Healthy Recipes from Homestyle Favorites to Restaurant Classics, Editors of The Diabetic Gourmet magazine, Scrumptious, healthy, crowd-pleasing recipes for people with diabetes and their loved ones The editors of Diabetic Gourmet Magazine understand that although people with diabetes must carefully monitor their eating habits, they still crave their favorite sweets and savory dishes. Now, with this all-new collection of healthy recipes that are perfect for everyday meals as well as for entertaining, you can enjoy making tasty dishes for yourself, your friends, and your family that are as good for you as they are delicious. The Diabetic Gourmet Cookbook features more than 200 original gourmet recipes complete with detailed nutritional information and diabetic exchanges for easy meal planning. By featuring healthy versions of traditional favorites-from pot roast to macaroni and cheese to banana cream pie-this mouthwatering collection shows how you can safely and effectively eat well if you have diabetes or special dietary needs and still enjoy wonderful food. You'll find easy-to-prepare recipes for appetizers, soups, salads, breads, desserts, sauces, and more along with a host of healthy cooking techniques-which makes The...



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