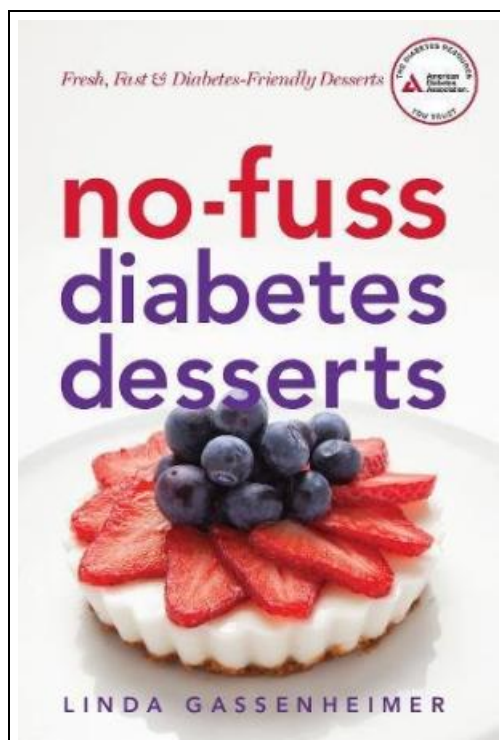


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Reviews

An extremely great ebook with lucid and perfect explanations. It is full of knowledge and wisdom Its been printed in an exceedingly straightforward way in fact it is merely right after i finished reading through this publication by which really transformed me, alter the way i believe.

(Spencer Fritsch)

NO-FUSS DIABETES DESSERTS: FRESH, FAST AND DIABETES-FRIENDLY DESSERTS (PAPERBACK)



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American Diabetes Association, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book. At the end of a meal, nearly everyone has the same question: What's for dessert? Now, for people with diabetes, there's a good answer. No-Fuss Diabetes Desserts is designed to satisfy any sweet tooth with dozens of dessert recipes specifically designed for those with diabetes. Best of all, these desserts are simple, fast, and, of course, very tasty. For most newly diagnosed people with diabetes, the assumption is that desserts and sweets are a thing of the past, but any meal plan can accommodate something sweet as long as the portions are appropriate and the ingredients are selected carefully. Author Linda Gassenheimer also shows that dessert doesn't have to be elaborate, just something that's quick, easy, very delicious, and not likely to break a calorie or carbohydrate bank. In fact, most of the desserts in this book take only minutes to make. Most importantly, No-Fuss Diabetes Desserts shows that people with diabetes can end a meal with dessert and not feel guilty or left out. These are quick desserts that can be made with very little effort, all based on simple ingredients found in a local supermarket.



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