



Delicious Dishes for Diabetics: Eating Well with Type-2 Diabetes

By Robin Ellis

Skyhorse Publishing. Paperback / softback. Book Condition: new. BRAND NEW, Delicious Dishes for Diabetics: Eating Well with Type-2 Diabetes, Robin Ellis, This is a food-lover's guide to eating well with diabetes. Based on Mediterranean cuisine--one of the healthiest in the world--British actor Robin Ellis shares his lifetime collection of healthy recipes fit for any type of diabetes. Living with Type-2 diabetes himself, Robin explains the strategic changes he has had to make in what he eats and how he prepares his food. His cookbook offers superb recipes for satisfying dishes such as Lamb Tagine, Roast Quail in Balsamic Vinaigrette, Red Peppers Stuffed with Tomato and Goat Cheese, and Chick Peas with Tomato Sauce and Spinach. Not only does "Delicious Dishes with Diabetes" show you how to eat well, Robin also teaches you how to improve your day-to-day health. With simple daily walks and a revamped eating style, Robin has managed his condition without medication for over six years! If Robin Ellis can, so can you!

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