



Exotic Diabetic Cooking/Part 1

Tarla Dalal

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DESCRIPTION If you have diabetes and have been living on a boring and bland diet, and a secret craving for tastier food, this book, "Exotic Diabetic Cooking" is here to pepper your diet with satiating, mouthwatering recipes from various cuisines, and wheel your life back to a fun-filled, or should I say "food-filled" track! This cluster of 55 interesting, easy-to-make and nutritious recipes (with images) from 8 different cuisines viz. Indian, Chinese, Mexican, Thai, Italian and Continental, is sure to make the task of cooking as delightful as the resulting food. Happy and healthy cooking!

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