



## **Delish Diabetes Cookbook: 70 Delicious and Healthy Recipes for Every Meal**

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# Delish Diabetes Cookbook: 70 Delicious and Healthy Recipes for Every Meal

## **Delish Diabetes Cookbook: 70 Delicious and Healthy Recipes for Every Meal**

Complete with gorgeous photography showcasing fresh and simple ingredients, *Delish Diabetes Cookbook* offers 70 luscious recipes that make eating well easier—recipes like Berry Buckwheat Pancakes, Salmon Pasta Salad, and even Tiramisu! They are all great tasting, low fat, and high in fiber—and each recipe has a low glycemic index, too. An introduction helps readers understand how to manage diabetes and what and how much they should be eating.

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