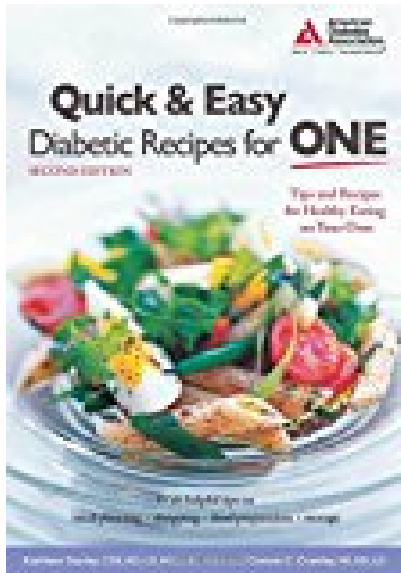


Quick & Easy Diabetic Recipes for One



BOOK DETAILS

- Author : Kathleen Stanley C.D.E
- Pages : 154 Pages
- Publisher : American Diabetes Association
- Language : English
- ISBN : 158040264X

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BOOK SYNOPSIS

It's normally tough for people with diabetes to find healthy, great-tasting recipes for just one person. Not any more! In this newly revised edition of an ADA favorite, you'll find more than 100 tempting, easy-to-prepare recipes. Quick & Easy Diabetic Recipes for One features quick breakfasts, soups & stews, side dishes, desserts, and more—perfect for any appetite.

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