



Busy People's Diabetic Cookbook (Busy People's Cookbooks)

Dawn Hall

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Busy People's Diabetic Cookbook is the answer for everyone who wants to eat healthier without sacrificing what is most important to them - delicious flavor! These recipes are not just for those people with diabetes, but everyone in the family can enjoy these healthy and well-balanced recipes.

Each of the 200 plus recipes . . .

- Has 7 easy-to-find ingredients or less
- Contains nutritional information, including diabetic exchanges
- Is kitchen tested and budget friendly
- Food the entire family will enjoy

Includes recipes for . . .

- Spinach and Artichoke Dip
- Creamy Dill Potatoes
- Crabby Fettuccine
- Chicken Fried Steak
- Chocolate Mint Cookie Squares
- Key Lime Dessert

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