



The Comprehensive Diabetic Cookbook: The Top 100 Recipes for Diabetics

Dorothy Kaplan

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This comprehensive diabetic cookbook offers over 100 nutritionally sound recipes. It provides easy-to-prepare recipes for: fruit and vegetable salads, breads, beef, poultry, fish, veal, ground beef, lamb, cheese and eggs, soups, sauces, desserts, and, beverages. Non-diabetics also benefit from these delicious meals and desserts, as these special foods are prepared with close attention to fat, sodium and cholesterol levels. These tasty, healthy and attractive dishes are sure to please everyone.

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