



Easy Diabetic Cooking with 4 Ingredients: The Smart Way to Cook Healthy

Sally N. Hunt

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The smart, easy way to cook healthy. Diabetics have more food choices than ever before, thanks to today's smart products. Now the author of Easy Healthy Cooking with 4 Ingredients brings you more than 175 quick and easy diabetic recipes that take the hassle out of meal preparation. You don't have to give up taste and variety to eat right! Each recipe includes nutritional analyses and diabetic exchanges.

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