



No-Fuss Diabetes Recipes for 1 or 2

Jane Stephenson, Marcia Hayes, Jackie Boucher

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Simple

- * Healthy
- * Delicious.

A Practical Cookbook for people with diabetes.

You're cooking for just one or two. You're short on time and energy. You're tired of using family-sized recipes, wasting ingredients, and eating leftovers day after day. You want a cookbook you can rely on for great-tasting, easy-to-prepare recipes, without a lot of fuss.

The innovative No-Fuss Diabetes Recipes for 1 or 2 serves up 125 delicious recipes in large print--most of which make one or two servings, use ten ingredients or less, and are simple to prepare. You'll enjoy sumptuous breakfasts, lunches, dinners, and desserts, including Gingerbread Pancakes, Grilled Turkey Breasts with Corn Salsa, Salmon Caesar Salad, Peppercorn Crusted Sirloin Steak, Vegetarian Taco Salads, Spinach and Feta Calzones, Pan-Seared Rosemary Lemon Chicken, and Cranberry-Apple Crisp.

Each recipe features nutritional information, including carbohydrate choices. The authors also provide great menu ideas, shopping tips, and advice on how to stock your pantry.

No-Fuss Diabetes Recipes for 1 or 2 features:

- * Easy-to-read large print.
- * Simple-to-prepare recipes with ten ingredients or less.
- * Low-fat, high-flavor cooking tips.
- * Recipes to fit your busy lifestyle.
- * Menu planning made simple.

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Patricia Gross:

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What is your hobby? Have you heard that question when you got pupils? We believe that that query was given by teacher to their students. Many kinds of hobby, Every person has different hobby. So you know that little person including reading or as reading become their hobby. You have to know that reading is very important along with book as to be the thing. Book is important thing to include you knowledge, except your personal teacher or lecturer. You will find good news or update concerning something by book. A substantial number of sorts of books that can you decide to try be your object. One of them is actually No-Fuss Diabetes Recipes for 1 or 2.

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