



# **Meatless Diabetic Cookbook: Over 100 Easy Recipes Combining Great Taste with Great Nutrition**

*Barbara Grunes*

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# Meatless Diabetic Cookbook: Over 100 Easy Recipes Combining Great Taste with Great Nutrition

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## **Meatless Diabetic Cookbook: Over 100 Easy Recipes Combining Great Taste with Great Nutrition**

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If you need to watch your blood sugar level, or if you love someone who does, this book is for you. A diet rich in breads, grains, pastas, and fresh produce helps you to control glucose. Low in fat and cholesterol, it's good for the whole family. And it's delicious, as these samples from *Meatless Diabetic Cookbook* show:

Baked Crisp Rosemary Potato Skins with Tzatziki • Minestrone Soup • Fall Vegetable Frittata • Raspberry Blintzes • Easy Pan-Fried Cheese Ravioli • Sun-Dried Tomato Souffle • Roasted Ratatouille over Herbed Polenta • Quinoa Pancakes • Lentil-Sunflower Seed Burgers • Cincinnati-Style Tofu Chili • Roasted Garlic and Tomato Pizza • Buttermilk Rolls • Chocolate French Toast with Chocolate Drizzle • Apple-Raisin Multigrain Bread Pudding • Key Lime Chiffon Pie • and much, much more!

You'll find old favorites and tasty new dishes that everyone will enjoy. Put this book on your menu today and prepare a wonderful, healthful meal tonight!

**Bonus:** Extensive Nutrition Information for Each Recipe Helps You Count Calories from Sugar and Other Sources!

### **About the Author**

**Barbara Grunes** wrote this book after her husband developed diabetes. She is the author of more than 30 cookbooks and the co-author of *The Great Big Cookie Book* (Prima).

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In this time globalization it is important to someone to obtain information. The information will make someone to understand the condition of the world. The health of the world makes the information quicker to share. You can find a lot of sources to get information example: internet, paper, book, and soon. You will observe that now, a lot of publisher that will print many kinds of book. The particular book that recommended for your requirements is Meatless Diabetic Cookbook: Over 100 Easy Recipes Combining Great Taste with Great Nutrition this publication consist a lot of the information of the condition of this world now. This particular book was represented how can the world has grown up. The terminology styles that writer make usage of to explain it is easy to understand. The particular writer made some exploration

when he makes this book. That is why this book suitable all of you.

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