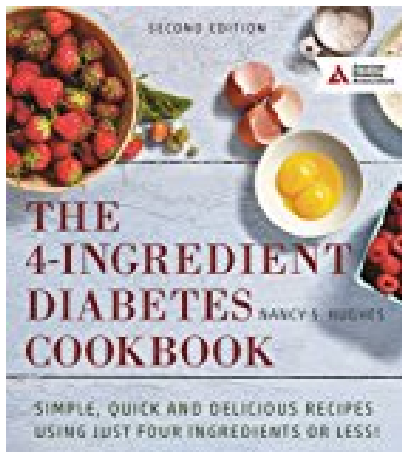


The 4-Ingredient Diabetes Cookbook

Simple Quick and Delicious Recipes Using Just Four Ingredients or Less!



BOOK DETAILS

- Author : Nancy S. Hughes
- Pages : 248 Pages
- Publisher : American Diabetes Association
- Language : English
- ISBN : 1580406378

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BOOK SYNOPSIS

Making delicious meals doesn't have to be complicated, time-consuming, or expensive. You can create satisfying dishes using just four ingredients, or even less! In this new and revised edition of the bestselling 4-Ingredient Diabetes Cookbook, author Nancy Hughes has added more than 25 new recipes that can be made in a snap! With more than 175 quick, easy-to-prepare recipes, this one-of-a-kind cookbook now has recipes for breakfast, lunch, dinner, and everything in between. Make the most of your time and money. Home cooks will be amazed at how much can be prepared with just a few simple ingredients.

THE 4-INGREDIENT DIABETES COOKBOOK SIMPLE QUICK AND DELICIOUS RECIPES USING JUST FOUR INGREDIENTS OR LESS!

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