



Quick Cooking for Diabetes: 70 Recipes in 30 Minutes or Less

By Louise Blair, Norma McGough

Octopus Publishing Group. Paperback. Book Condition: new. BRAND NEW, Quick Cooking for Diabetes: 70 Recipes in 30 Minutes or Less, Louise Blair, Norma McGough, From Butternut Squash and Coconut Soup to Tenderloin of Pork with Pear & Potato and Individual Lime & Raspberry Cheesecakes, this selection of delicious recipes will help you to manage your diabetes more effectively and live life to the full. Whether you're looking for a quick snack for one or meals to entertaining friends and family, Quick Cooking for Diabetes provides you with over 60 sensational, speedy recipes, plus stylish menus to help you plan every meal. It also contains practical information on how to create a balanced diet to suit your needs and maintain healthy blood-glucose levels.



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