



The Diabetes Double-Quick Cookbook 2 ED

Betty Marks

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Including new recipes and a new chapter “Main Dishes in a Minute,” this second edition offers more than 130 quick and easy recipes, most taking less than 15 minutes to prepare. These delicious high-carbohydrate, high-fiber meals are low in fat, sugar, and salt — and outstanding in taste. Dishes include Chicken Tarragon, Halibut Steaks Marengo, Sweet Potato Fruit Bake, and Orange Cheesecake.

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