



The All-natural Diabetes Cookbook: The Whole Food Approach to Great Taste and Healthy Eating (Paperback) - Common

By (author) Jackie Newgent

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Most diabetes cookbooks rely on artificial sweeteners or not-so-real substitutions to reduce calories, sugar, and fat, but often at the expense of flavor. The All-Natural Diabetes Cookbook takes a different approach, focusing on naturally delicious fresh foods and whole-food ingredients to create fantastic meals that deliver amazing taste and well-rounded nutrition. And absolutely nothing is artif

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