



No-Fuss Diabetes Recipes for 1 or 2

Jane Stephenson, Marcia Hayes, Jackie Boucher

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Simple

* Healthy

* Delicious.

A Practical Cookbook for people with diabetes.

You're cooking for just one or two. You're short on time and energy. You're tired of using family-sized recipes, wasting ingredients, and eating leftovers day after day. You want a cookbook you can rely on for great-tasting, easy-to-prepare recipes, without a lot of fuss.

The innovative No-Fuss Diabetes Recipes for 1 or 2 serves up 125 delicious recipes in large print--most of which make one or two servings, use ten ingredients or less, and are simple to prepare. You'll enjoy sumptuous breakfasts, lunches, dinners, and desserts, including Gingerbread Pancakes, Grilled Turkey Breasts with Corn Salsa, Salmon Caesar Salad, Peppercorn Crusted Sirloin Steak, Vegetarian Taco Salads, Spinach and Feta Calzones, Pan-Seared Rosemary Lemon Chicken, and Cranberry-Apple Crisp.

Each recipe features nutritional information, including carbohydrate choices. The authors also provide great menu ideas, shopping tips, and advice on how to stock your pantry.

No-Fuss Diabetes Recipes for 1 or 2 features:

- * Easy-to-read large print.
- * Simple-to-prepare recipes with ten ingredients or less.
- * Low-fat, high-flavor cooking tips.
- * Recipes to fit your busy lifestyle.
- * Menu planning made simple.

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From reader reviews:

James Hubbard:

This No-Fuss Diabetes Recipes for 1 or 2 book is not really ordinary book, you have it then the world is in your hands. The benefit you obtain by reading this book is definitely information inside this book incredible fresh, you will get facts which is getting deeper you read a lot of information you will get. This No-Fuss Diabetes Recipes for 1 or 2 without we understand teach the one who reading it become critical in thinking and analyzing. Don't be worry No-Fuss Diabetes Recipes for 1 or 2 can bring if you are and not make your carrier space or bookshelves' become full because you can have it within your lovely laptop even mobile phone. This No-Fuss Diabetes Recipes for 1 or 2 having fine arrangement in word and layout, so you will not experience uninterested in reading.

Natalie White:

Information is provisions for those to get better life, information today can get by anyone from everywhere. The information can be a know-how or any news even a problem. What people must be consider any time those information which is within the former life are challenging to be find than now's taking seriously which one works to believe or which one the resource are convinced. If you get the unstable resource then you obtain it as your main information you will see huge disadvantage for you. All those possibilities will not happen with you if you take No-Fuss Diabetes Recipes for 1 or 2 as your daily resource information.

Janette Collins:

No-Fuss Diabetes Recipes for 1 or 2 can be one of your nice books that are good idea. Many of us recommend that straight away because this publication has good vocabulary that may increase your knowledge in terminology, easy to understand, bit entertaining but nonetheless delivering the information. The copy writer giving his/her effort that will put every word into pleasure arrangement in writing No-Fuss Diabetes Recipes for 1 or 2 however doesn't forget the main position, giving the reader the hottest and based confirm resource facts that maybe you can be among it. This great information can easily drawn you into fresh stage of crucial considering.

Jon Fuselier:

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