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Diabetic Recipes shows you how to create hundreds of tasty recipes that help you manage your diabetes. From hearty breakfasts like Country-Style Omelets to mouthwatering plates like Pork Lo Mein, each page offers meals that are so tasty, you won't need to give up your favorite flavors.

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any diabetic's
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never have to say no to dessert again. Packed with familiar favorites and some delicious new surprises, The Big Book of Diabetic Desserts has over 150 tantalizing treats that will satisfy any sweet tooth. The Big Book of Diabetic Desserts

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Diabetic Recipes shows you how to create hundreds of tasty recipes that help you manage your diabetes. From hearty breakfasts like Country-Style Omelets to mouthwatering plates like Pork Lo Mein, each page offers meals that are so tasty, you won't need to give up your favorite flavors. With 500 delicious recipes to choose from, you'll transform every meal

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American Diabetes Association and author Jackie Mills proves that people with diabetes never have to say no to dessert again. Packed with familiar favorites and some delicious new surprises, The Big Book of Diabetic Desserts has over 150 tantalizing treats that will satisfy any sweet tooth.

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The first dessert cookbook from ADA--featuring 150 easy-to-use recipes The Big Book of Diabetic Desserts, the first

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dessert cookbook ever published by the American Diabetes Association, features mouth-watering treats that will satisfy every sweet tooth--and without using substitutions or those odd ingredients that can make a dessert taste bitter. With over 150 recipes that cover everything from pies, tarts, cakes, and cookies to custards, mousses,

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The Big Book of Diabetic Desserts by Jackie Mills

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Written by Jackie Mills,
author of The Big Book
of Diabetic Desserts
and a food writer,
registered dietitian,
and a recipe developer
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The first dessert
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