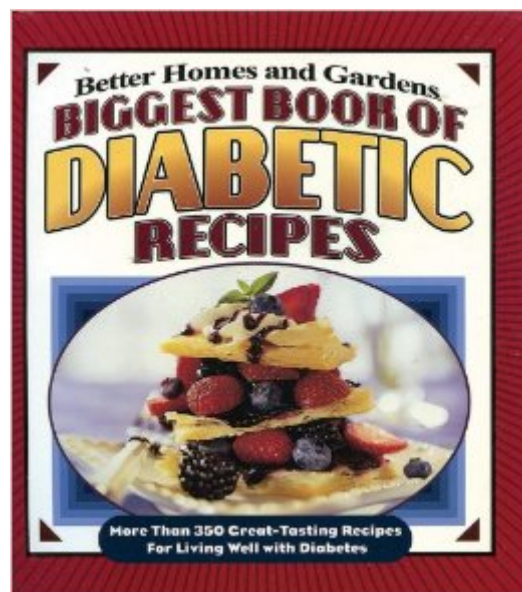


The book was found

Biggest Book Of Diabetic Recipes: More Than 350 Great-Tasting Recipes For Living Well With Diabetes (Better Homes & Gardens



Synopsis

A stupendous value: more than 300 delectable (and really healthy) recipes perfectly tailored for individuals with diabetes, yet tempting for everyone. Comprehensive content features must-have main dishes, easy appetizers, simple soups and stews, perfect recipes when cooking for two, kids'™ favorites, fabulous feel-good desserts, and innovative snacks. Easy-to-read type (a must-have for many diabetics) Accessible diabetes know-how, including detecting hidden sugar. Timesaving menus with flexible calorie ranges, carbohydrate counts, and exchanges on every recipe. A week of satisfying menus for instant meal planning. 32 full-color photos. Popular lay-flat binding for easy reference while cooking.

Book Information

Plastic Comb: 384 pages

Publisher: Better Homes & Gardens (November 1, 2005)

Language: English

ISBN-10: 0696225816

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Product Dimensions: 8.4 x 1.2 x 9 inches

Shipping Weight: 2 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (230 customer reviews)

Best Sellers Rank: #5,516 in Books (See Top 100 in Books) #10 in [Books > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free](#)

Customer Reviews

Well, I ordered several Diabetic recipe books recently. This one is produced by better homes and gardens. It features a really good variety of recipes. The Preparation and cooking times listed are accurate. The Carb and calorie counts are accurate as well. My copy came spiral bound so that it opens flat to make it an easy reference while cooking. I have tried several of the recipes and found every one to be delicious. If I could offer any suggestions on how to improve the book the only one for me would be to add the glycemic load for each of the dishes. If you only buy 1 Diabetic recipe book, this is the one.

The newest cookbook from Better Homes and Gardens, this culinary compendium of more than 300 recipes specially designed for the nutritional needs and restrictions imposed by diabetes is spiral bound, features easy-to-read type for comfortable cooking, is enhanced with 32 full-color photos,

notes total carb counts for every recipe, offers "doable" strategies for managing diabetes from counting exchanges to tracking down hidden sugar, and is ideal for planning meals on a daily and weekly basis. From Asparagus & Potato Skillet; Spiced Pot Roast with Root Vegetables; Cilantro Chicken with Peanuts; and Spicy Jalapeno-Shrimp Pasta; to Acorn Squash Bisque; Lasagna with Zucchini & Walnuts; Southwestern Breakfast Tostadas; and Cherry Cobbler with Corn Bread Biscuits, each recipes comprising Better Homes And Gardens Biggest Book Of Diabetic Recipes, has preparation times, bake times, oven temperatures, number of servings, and "Exchanges" information. If you have a diabetic in your family, then your kitchen cookbook collection would be wonderfully enhanced for them and your whole family's dining experience with the inclusion of the Better Homes And Gardens Biggest Book Of Diabetic Recipes!

The recipes in this book are incredible -- you'd never know they are "diet" recipes. The flavor in these recipes is unbelievable. Just goes to show that you can eat healthy and have great flavor too. I highly recommend this book for anyone, diabetic or not.

This is a must for Diabetic, It has every thing from morning to last snack of the day. Im a new diabetic and wanted to start out right and the Library only gives you 3 weeks so this would be a great cookbook for anyone whos wants to start eating with great tasty recipes

The recipes are flavorful with reduced fats and carbs. The writers definitely knew how to use spices and flavorings. My husband has used 70 recipes in the book and I get to eat them. There have been very few recipes that I haven't liked. He follows the recipes as written. We have bought three additional books for our children to enjoy, too.

I am not one to use Cookbooks only because I love to experiment. Yet, I did purchase this one for various reasons. I have tried several recipes and they all have been Surperb. The ingredients are those that most kitchens have. All recipes are easy to do. My Husband was shocked on how wonderful they all have been since they came out a DIABETIC Cookbook. Highly recommend this item and the price fair. I purchased at a well known bookstore. Happy Cooking!!!B

The recipes in this cookbook are outstanding! Great fresh food, clean taste, and wholesome! My glucose has gone down and has stayed down following these receipes. GREAT for anyone with diabetes and needing to curb their carb intake.

Lots of great recipes that are healthful for anyone. The nutrition information is most helpful and the recipes are not overly complicated if cooking is not your thing.

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