



# The Everything Diabetes Cookbook

*Gretchen Scalpi*

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## The Everything Diabetes Cookbook Gretchen Scalpi

Being diagnosed with diabetes doesn't have to mean eliminating flavor--or fun!--from your diet. With the 300 easy as (sugar-free) pie recipes inside, you'll learn how to whip up guilt-free dishes that are as delicious as they are healthy, including:

- Buttermilk pancakes
- Pork and vegetable lo mein
- Pineapple-orange grilled chicken
- Crab cakes with sesame crust
- Hearty beef stew
- Caribbean kiwi salsa
- Asian popcorn
- Strawberry-rhubarb crisp
- Chocolate cheesecake mousse

From dips and salads to soups, casseroles, desserts, and beyond, this collection is your new ultimate resource for great meals that are good for you. With this book, you can manage your diabetic diet, control your glucose levels, and eat well--every day!

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