



## **Diabetes Cooking 101: Master Diabetes Cooking with 101 Great Recipes**

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## Diabetes Cooking 101: Master Diabetes Cooking with 101 Great Recipes

This new series continues with an all-new everything-you-need-to-know guide to making diabetic-friendly meals. This cookbook features 101 delicious, diverse, and accessible recipes, all of which have been thoroughly kitchen tested. *Diabetes Cooking 101* will also feature a simple, contemporary-looking design that's as practical as it is elegant, with measures calculated using both traditional and metric quantities. Scattered throughout are beautiful full-color photographs that enhance each book's utility and visual appeal. These practical, hands-on kitchen resources also look great on the kitchen bookshelf--and because their durable flexi-binding is sewn, they are extremely easy to keep open and lay flat on your kitchen counter while you're cooking from their pages. Every home cook can appreciate how a life-flat binding makes a cookbook much easier to use!

*Diabetes Cooking 101* starts off with a detailed introduction that covers the basics of the book's topic and provides plenty of helpful how-tos, insider tips, and keys to best results. The idea is to provide everything a reader needs to know in order to make these recipes successfully. The 101 recipes included feature a breadth of different dishes drawn from a wide range of culinary traditions, all of them featuring clear, straightforward directions, and all of them delicious. The 101 series is perfect both for beginners and more experienced cooks looking to broaden their kitchen horizons.

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