



Diabetes Cookbook For Canadians For Dummies

Ian Blumer, Cynthia Payne

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Over 100 delicious, easy-to-prepare recipes that will help any food lover manage and live with diabetes Over two million Canadians have diabetes--with 10 percent living with type 1 diabetes, and the remaining type 2. With recipes reflecting Canada's diverse, multicultural population, this unique cookbook contains over a hundred mouthwatering recipes for everything from tempting appetizers like feta bruschetta and toasted walnut hummus to entrees like tandoori chicken and glazed asian lamb. Desserts and satisfying snacks aren't off the menu, either--the book contains recipes for sour cream chocolate chip cake, fruit trifle, and chocolate zucchini muffins that will satisfy the sweetest tooth. * Based on the latest recommendations from the Canadian Diabetes Association * Includes a 16-page full-color insert of photos of the book's many tempting dishes Loaded with information for cooks with diabetes, the book also includes timesaving meal planning suggestions, shopping advice, and tips for plotting out a month of diverse and delicious menus. An essential companion volume to the bestselling Diabetes for Canadians For Dummies, this indispensable cookbook will help those with diabetes and their loved ones prepare and enjoy healthy, great-tasting food.

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