



Meatless Diabetic Cookbook: Over 100 Easy Recipes Combining Great Taste with Great Nutrition

Barbara Grunes

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If you need to watch your blood sugar level, or if you love someone who does, this book is for you. A diet rich in breads, grains, pastas, and fresh produce helps you to control glucose. Low in fat and cholesterol, it's good for the whole family. And it's delicious, as these samples from *Meatless Diabetic Cookbook* show:

Baked Crisp Rosemary Potato Skins with Tzatziki • Minestrone Soup • Fall Vegetable Frittata • Raspberry Blintzes • Easy Pan-Fried Cheese Ravioli • Sun-Dried Tomato Souffle • Roasted Ratatouille over Herbed Polenta • Quinoa Pancakes • Lentil-Sunflower Seed Burgers • Cincinnati-Style Tofu Chili • Roasted Garlic and Tomato Pizza • Buttermilk Rolls • Chocolate French Toast with Chocolate Drizzle • Apple-Raisin Multigrain Bread Pudding • Key Lime Chiffon Pie • and much, much more!

You'll find old favorites and tasty new dishes that everyone will enjoy. Put this book on your menu today and prepare a wonderful, healthful meal tonight!

Bonus: Extensive Nutrition Information for Each Recipe Helps You Count Calories from Sugar and Other Sources!

About the Author

Barbara Grunes wrote this book after her husband developed diabetes. She is the author of more than 30 cookbooks and the co-author of *The Great Big Cookie Book* (Prima).

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