



Diabetic Slow Cooker (Diabetic Living)

By Diabetic Living Editors

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Easy, comforting slow cooker recipes from the experts at *Diabetic Living*

Diabetic Living magazine is the most trusted source of information on nutrition and wellbeing for diabetics. In this new collection, the editors of the magazine present 150 flavorful, no-fuss recipes for the slow cooker. Every one of these recipes combines delicious flavors with healthy amounts of calories, carbs, and sodium.

These comforting meals cover almost any occasion, from party foods to pastas, and even hot sandwiches like a Classic French dip. Full nutrition information for each one makes sure you're getting the kind of nutrition you need, while an introductory section includes helpful advice and tips on getting the most out of your slow cooker.

- Features 150 recipes with a beautiful full-color photograph of each
- Includes chapters on main dishes; soups, stews, and chilies; party foods; desserts; and more
- Saves time and money with a special ???Cook Once, Eat Thrice??? chapter that lets you prepare something good you can use in three deliciously different meals

For simple, no-mess recipes that let you enjoy mouthwatering meals while managing your diabetes, look no further than this one-of-a-kind cookbook.



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Editorial Review

From the Back Cover

Deliciously simple **diabetes-friendly** slow cooker recipes!

Easy, delicious, and diabetes-friendly? You bet! Let your slow cooker do the work and enjoy comforting meals that are sure to please everyone at the table. More than 150 mouthwatering recipes include potluck-perfect appetizers, satisfying main dishes, sandwiches, soups and stews, sides, and splurge-worthy desserts, each with a beautiful full-color photograph and complete nutrition information. And every recipe combines fantastic flavor and wholesome ingredients with smart amounts of carbs, calories, and sodium, so they'll fit smoothly into your eating plan.

You'll also find

- Full nutritional information, with highlighted carb counts and dietary exchanges accompanying each recipe
- Special chapters on big-batch cooking, just-for-two dinners, and extra slow-simmered recipes for those long days away
- Helpful pointers on lightening up slow-cooked recipes
- Time-saving tricks, ingredient info, and side dish suggestions throughout

About the Author

Diabetic Living® is the number one lifestyle magazine for people living with diabetes, written and reviewed by experts in diabetes management, as well as people living with diabetes. Visit DiabeticLivingOnline.com for more helpful tips and delicious recipes.

Users Review

From reader reviews:

Lee Parkin:

What do you about book? It is not important along? Or just adding material when you need something to explain what the ones you have problem? How about your extra time? Or are you busy man? If you don't have spare time to try and do others business, it is gives you the sense of being bored faster. And you have free time? What did you do? Every individual has many questions above. The doctor has to answer that question mainly because just their can do that will. It said that about guide. Book is familiar in each person. Yes, it is correct. Because start from on pre-school until university need this Diabetic Slow Cooker (Diabetic Living) to read.

Timothy Payne:

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Robert Clark:

The particular book Diabetic Slow Cooker (Diabetic Living) has a lot of knowledge on it. So when you make sure to read this book you can get a lot of help. The book was authored by the very famous author. This articles author makes some research before write this book. That book very easy to read you can get the point easily after reading this article book.

Danilo Ernest:

On this era which is the greater man or who has ability to do something more are more special than other. Do you want to become one of it? It is just simple approach to have that. What you have to do is just spending your time very little but quite enough to have a look at some books. One of many books in the top collection in your reading list is usually Diabetic Slow Cooker (Diabetic Living). This book that is certainly qualified as The Hungry Mountains can get you closer in turning into precious person. By looking up and review this publication you can get many advantages.

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