



Prevention's Decadent Desserts for Diabetics: 125 Luscious Recipes for the Whole Family

Regina Ragone

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Here's the latest news in diabetes, short and sweet: Desserts are no longer forbidden! Gone are the days when doctors advised their diabetic patients to "avoid sugar." Today research shows that sweets can be part of a balanced diabetic eating plan. In fact, sweet treats may actually help keep you healthier! *Prevention's Decadent Desserts for Diabetics* serves up 125 scrumptious recipes including cakes, pies, brownies, cookies, puddings and more. While these "sinful" dishes are created for diabetics, they are so tempting and delicious that non-diabetics will enjoy them just as much! This extraordinary cookbook is the only cookbook you'll ever need to create delectable desserts that help you to control your diabetes without feeling deprived. No more forbidden foods!

Here are some of the valuable features that put this book in a class by itself.

The most recent nutritional breakthroughs in diabetes research A safe and simple 8-step program that helps you to plan a balanced meal and eat those sweet treats you thought were forever banned Clever cooking tips to support a healthier lifestyle 125 recipes for sumptuous, rich desserts that are sure to tempt you and your family Beautiful photographs and easy-to-understand directions Dishes that are made with wholesome ingredients. No sugar substitutes or artificial ingredients are needed Complete nutritional analysis with every recipe to make it easy to track important nutrients.



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