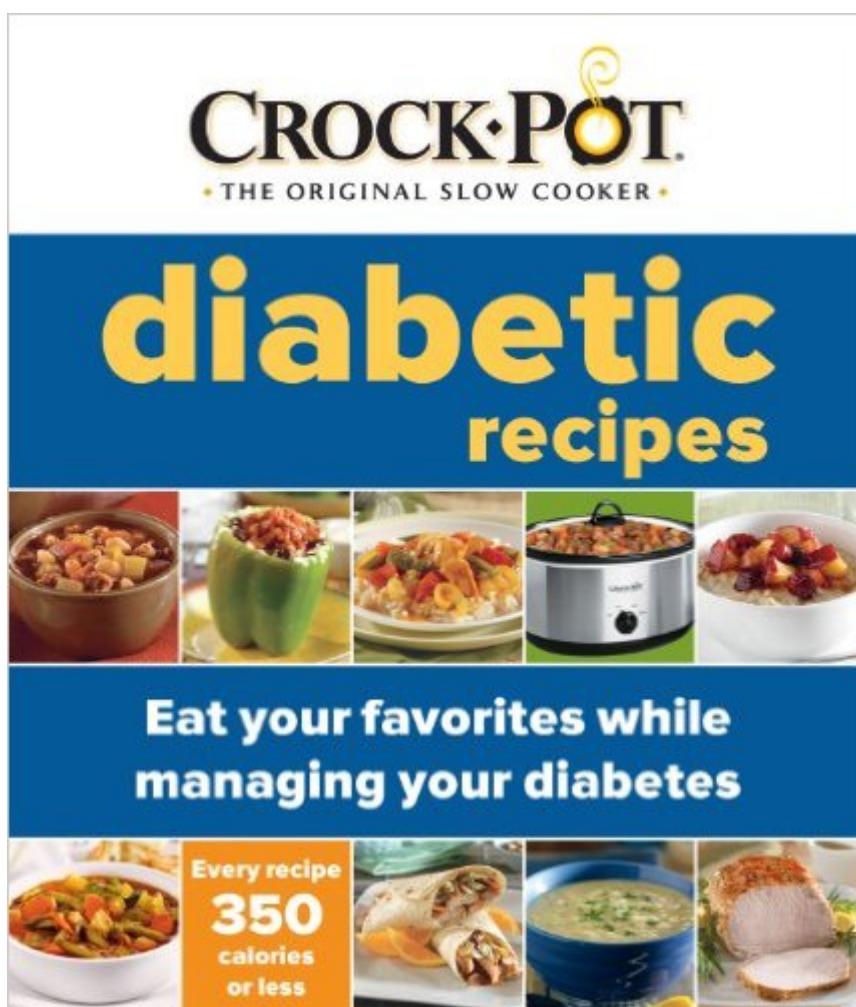


The book was found

Crock-Pot: Diabetic Recipes



Synopsis

Just because you have diabetes, does not mean you can't enjoy all of the classic comfort foods. CROCK-POT® Slow Cooker Diabetic Cookbook features some of the best in family favorite slow cooker recipes. You'll find more than 150 decadent recipes at 350 calories or less that were re-invented to fit within a diabetic diet. Each recipe is designed to allow you to indulge your taste buds without messing with your blood sugar levels including breakfast recipes, main dishes, side dishes, soups and even vegetarian options. Book includes a helpful introductory background on diabetes and how foods affect the disease. All recipes feature full nutrition information as well as diabetic meal exchanges.

Book Information

Paperback: 256 pages

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Product Dimensions: 7.9 x 0.9 x 9.2 inches

Shipping Weight: 2.1 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars See all reviews (23 customer reviews)

Best Sellers Rank: #73,003 in Books (See Top 100 in Books) #100 in Books > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free

Customer Reviews

As a Kidney patient I am always looking for new, safe and healthy recipes - and I love to use my Crock Pot - so when I saw this one, I placed my order and tried it the same day it arrived. Excellent...Delicious...Easy to Follow...Wide variety; all very good reasons to buy this particular cookbook. The only 'complaints' I would mention are that some recipes are large enough to feed an army (so you may have to adjust for size) and the spices can be a bit much (for example, I need to decrease the Pepper by half for my husband). My best endorsement, however, would be to say I am buying another copy of this cookbook for my dad (age 90) who has Diabetes and enjoys cooking. I think he will really enjoy it.

My husband is diabetic and also does the cooking. He has prepared 2 of the recipes so far and they were very good. Recipes are easy to follow.

This book was just what I needed to help keep my diabetes under control. Well written, explained the basics of diabetes. Very fast delivery. Very happy with this transaction. Bruce Nordstrom

I have tried several of the recipes and so far, all are delicious. They use "normal" ingredients, not stuff you've never heard of or those that are hard to find. There is a wide variety of dishes from main courses with and without meat, soups, veggies, etc. The recipes are easy to follow. I intend to purchase several more of these cookbooks as gifts for friends and family, even those that are not diabetic.

All the recipes in here are easy to make. It is wonderful to come home to a cooked meal that didn't come from the drive-thru.

Crock-Pot Diabetic Recipes offers a variety of recipes for everyday living. Its compact size makes it easy to use in the kitchen prep area. Illustrations and pictures of final recipe products are extremely helpful!

I was very happy to find so many crock pot recipes. They seem simple enough to cook. I have tried a couple and liked the flavors. I believe I made a good choice when I purchased this cook book---The price was great.

Good recipes easy to follow. Enjoyed the process of using a crock pot. I would recommend this cook book highly.

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