



The Easy 4 Ingredient Diabetic Cookbook: The Smart Way to Cook Healthy

Sally N. Hunt

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Great quick & easy 4-ingredient recipes for nutritious meals in a hurry. Features 200 smart, quick & easy recipes with easy to find & use everyday ingredients. All the recipes are low in sugar & refined carbohydrates & have easy-to-read nutritional analyses. They are health with convenient, new products for people on the go. Takes guesswork out of meal planning. Great also for low-carb dieter. These recipes are for everyone interested in good health, not just diabetics.

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