



# Just for the Health of It: Simple Diabetes Recipes Everyone Will Enjoy

*Barbara Moulton*

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A family tested cookbook with no-fuss, quick and delicious diabetes friendly recipes. This unique collection appetizers, salads, entrees, and desserts all under 30 carbohydrates offers variety while using every day ingredients. It features over 100 recipes that are low in sodium, fat, carbohydrate, and calories. Health tips and meal suggestions are found throughout. This book is sure to be one you will use again and again.

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