



The Diabetic Four Ingredient Cookbook

Linda Coffee, Emily Cale

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From the bestselling authors of The Four Ingredient Cookbook comes this special collection for those on a diabetic diet. With over 300 hearty recipes requiring four ingredients or less and complete nutritional data for each meal, it's the only cookbook the busy, diabetic cook will need. Learn to make:

- Savory Baked Lemon-Chicken
- Orange Roughy with Red Peppers
- Swiss Steak
- Herbed Pasta
- Chocolate Fudge Pudding Cake
- Stuffed Baked Potatoes
- And more!

With delectable appetizers, salads, vegetables, main dishes, desserts, and more, the whole family will love eating great diabetic cuisine!

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