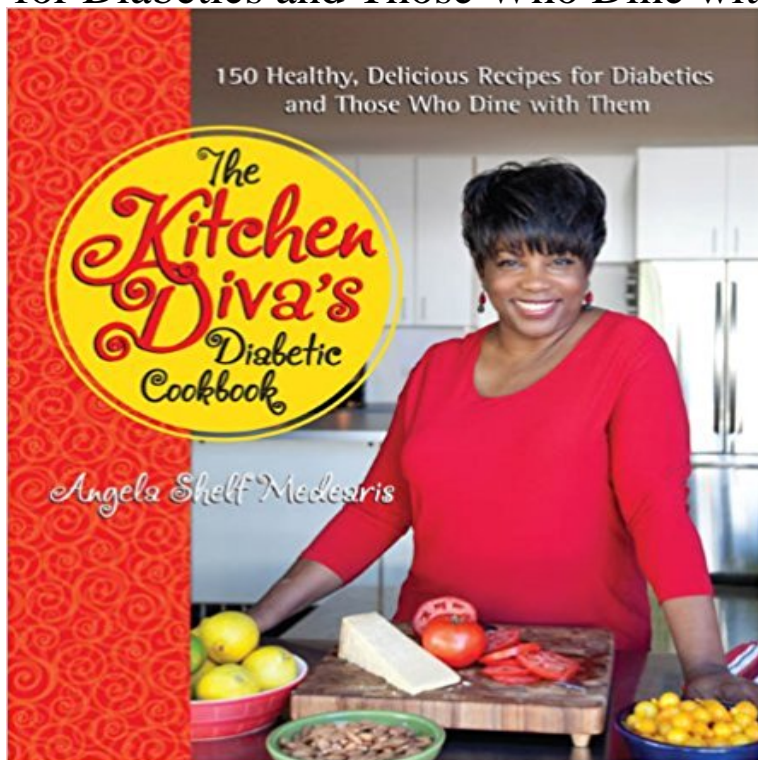


## The Kitchen Divas Diabetic Cookbook: 150 Healthy, Delicious Recipes for Diabetics and Those Who Dine with Them



The Kitchen Divas Diabetic Cookbook is an inspirational collection of more than 150 simple, flavorful, budget-friendly recipes that address the dietary needs of prediabetics, juvenile diabetics, type 1 and type 2 diabetics, women with gestational diabetes, people with diabetic-related complications, and anyone seeking to embrace a healthier diet and lifestyle. These recipes are a modern twist on comfort food and incorporate healthy ingredients and spices designed to help keep diabetics insulin levels in balance. You'll find recipes featured on The Dr. Oz Show, such as Buttermilk Pecan-Crusted Tilapia and Diva-licious Potpie, along with everyday favorites, such as Apple-Stuffed Waffle Sandwiches, Jerk Chicken Salad with Tropical Fruit Dressing, Roasted Tomatoes Stuffed with Lemon and Herb Cauliflower Couscous, and Easy Fruit Cobbler. A detailed nutritional and caloric analysis is included with each recipe to ensure that daily nutritional requirements are met. It's the perfect cookbook for anyone seeking a variety of imaginative, healthy, and delicious recipes suitable for all diabetics and those who dine with them. I have been a fan of Angela Shelf Medearis for years. This cookbook is a must have. It is chock-full of delicious recipes and excellent information for people with diabetes or anyone who enjoys good, healthy foods. --Charlotte Lyons, former food editor for Ebony magazine Filled with delicious, inventive recipes, The Kitchen Divas Diabetic Cookbook offers much more than a great resource for families who struggle with challenges of meal planning for diabetics. As in all of Medearis's cookbooks, the recipes are family friendly, well written, and easy for even beginning cooks to follow. I'm adding it to my list to give as gifts to all the busy family cooks in my life. --Donna Pierce, BlackAmericaCooks.com and SkilletDiaries.com, former assistant food

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