



Type 2 Diabetes Desserts Cookbook, The

Lois Soneral, Charles L. Chavez

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With easy-to-make recipes, even people with Type 2 diabetes can enjoy homemade pies, cakes, cookies, breads, and other delicious desserts. Included are tips for holiday menus, dining out, and avoiding unhealthy temptations. Recipes include nutrient analyses and exchanges.

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