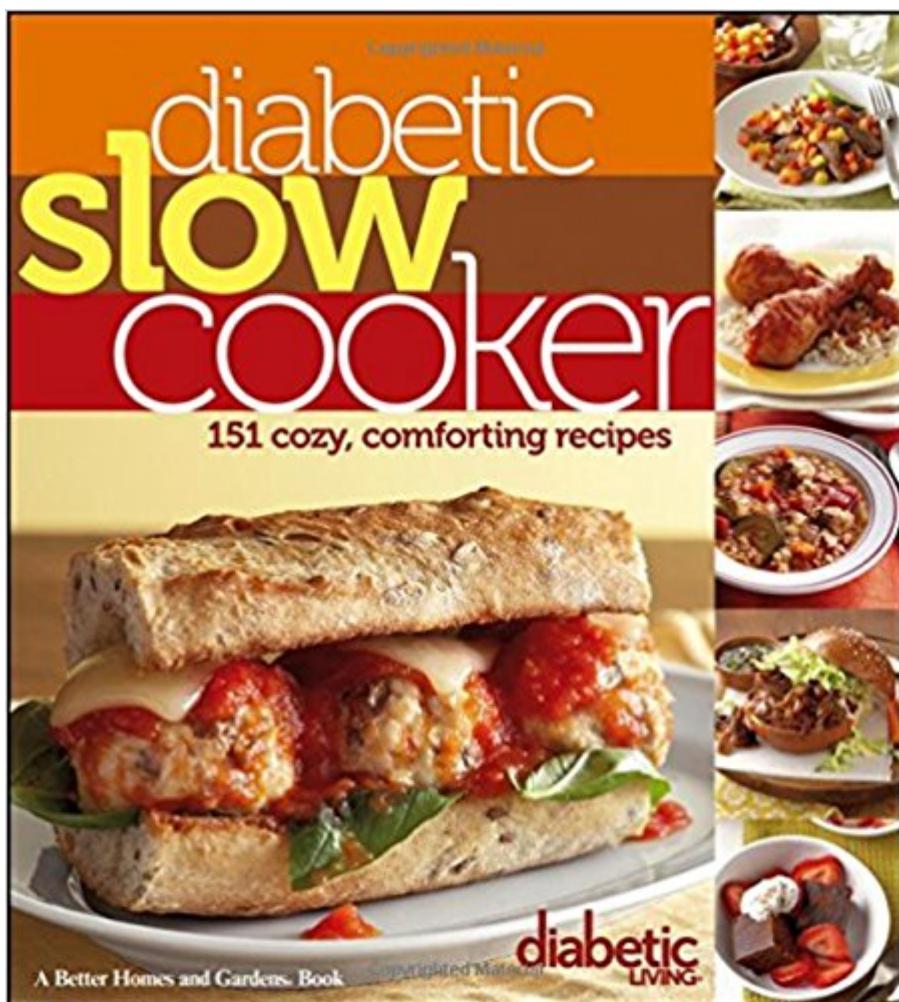


The book was found

Diabetic Slow Cooker (Diabetic Living)



Synopsis

Easy, comforting slow cooker recipes from the experts at Diabetic Living Diabetic Living magazine is the most trusted source of information on nutrition and wellbeing for diabetics. In this new collection, the editors of the magazine present 150 flavorful, no-fuss recipes for the slow cooker. Every one of these recipes combines delicious flavors with healthy amounts of calories, carbs, and sodium. These comforting meals cover almost any occasion, from party foods to pastas, and even hot sandwiches like a Classic French dip. Full nutrition information for each one makes sure you're getting the kind of nutrition you need, while an introductory section includes helpful advice and tips on getting the most out of your slow cooker. Features 150 recipes with a beautiful full-color photograph of eachIncludes chapters on main dishes; soups, stews, and chilies; party foods; desserts; and moreSaves time and money with a special ???Cook Once, Eat Thrice??? chapter that lets you prepare something good you can use in three deliciously different mealsFor simple, no-mess recipes that let you enjoy mouthwatering meals while managing your diabetes, look no further than this one-of-a-kind cookbook.

Book Information

Series: Diabetic Living

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Average Customer Review: 4.3 out of 5 starsÂ See all reviewsÂ (119 customer reviews)

Best Sellers Rank: #9,934 in Books (See Top 100 in Books) #12 inÂ Books > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free #33 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Carb #33 inÂ Books > Cookbooks, Food & Wine > Special Diet > Low Carbohydrate

Customer Reviews

I'm a diabetic using an exchanges diet to lose weight and control my Glucose. This book gave me everything I needed. The serving size, the nutritional numbers and exchanges. I've seen a number of diabetic cookbooks that don't give you everything you need. By the way, someone mentioned

there are no serving sizes listed. Every recipe DOES show serving sizes. The nutritional values are usually near the bottom of the page, and the serving sizes are generally near the top of the page. What I love about this book is that it's full of comfort food recipes, all of which have been reworked to fit our diets. I can't stand the thought of a piece of dry Chicken and a serving of Vegetables on my plate every night. This gives you everything from Pot Roast to Meatball sandwiches. My wife who isn't diabetic enjoys the dinners that this book makes possible also. The recipes almost always make 4 or more servings. That's okay with me. I measure everything out, and freeze the extra portions individually for later. Even reheated, these recipes taste better than any Lean cuisine or similar frozen dinner I've ever had. One caveat though. The exchanges they list are not always accurate. I've seen them list 28 grams of Carb as 1 carb exchange (that's almost 2 exchanges) and 10 grams of fat as 1 exchange (it's 2.) However, anyone who is following exchanges has to know how many grams makes up a serving. The grams are all listed, so I take that into consideration at mealtime, or adjust the recipe in advance to compensate. I was going to give it 4 stars because of that, but since all the info is there, I went with 5. I would recommend this to anyone, diabetic or not. But especially those of you like me, that can't say goodbye to certain foods.

I'm a slow-cooker rookie, so I was very happy to have this complete book -- not just diabetic info but tips for slow cooking.

Great assortment of recipes, but only a few deserts... With the help of my slow cooker and this cookbook--I can eat like a normal person.

We use this daily! After finding out we had two family members who are struggling with diabetes we began using this cookbook and one similar to it by the same publisher and found great tasting recipes that were simple to make.

Easy and delicious recipes. Love the variety in foods. Very helpful in staying on diabetic regimen. I can freeze excess portions for later.

It has master recipes that from them you can make a ton of other dishes - all diabetic approved & tasty!!!!!!

I was looking for slow cooker recipes but with being a diabetic it is difficult to count the carbs. I like

the way this cook book is set up. I am looking forward to trying a few recipes out of the book.

We love this cookbook. It's so easy, and the recipes are delicious. I would definitely recommend this book to anyone.

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