



Real Food for People with Diabetes

Doris Cross, Alice Williams

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You can limit the sugar and fat in your diet without skimping on flavor. The 150 easy and tempting "real food" recipes here will show you how. They include:

- Banana Muffins • Cinnamon Raisin Biscuits • Chicken-Fried Chicken with Creamy Gravy • Cheesy Ham and Potato Chowder • Chuckwagon Cheeseburgers • Ultra Lowfat Lasagna • Macaroni and Cheese • Old-Fashioned Meatloaf • Pepperoni Pizza Rolls • Hearty Skillet Breakfast • Tender Smothered Pork and Potatoes • Potluck Casserole • Coconut Cream Pie • Raspberry Coffee Cake • Chocolate Mousse Cheesecake
- Pumpkin Pie Deluxe • And many more!

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