



## Simply Smoothies: Fresh, Fast, and Diabetes Friendly

By Linda Gassenheimer

American Diabetes Association. Paperback. Book Condition: new. BRAND NEW, Simply Smoothies: Fresh, Fast, and Diabetes Friendly, Linda Gassenheimer, Breakfast on the run, lunch in a hurry, and even a quick snack: in our time-starved lives, everyone is looking for a quick meal on the go. Unfortunately, the foods designed to be quick and inexpensive are often loaded with fat, sugar, and calories. For those trying to control their diabetes, or those who want to lose weight and improve nutrition to prevent diabetes, these fatty, salty convenience foods can be a train wreck. The perfect solution for a quick meal that won't bomb a meal plan? Smoothies! Nutritious and tasty, smoothies are a quick and surprisingly filling meal option with nearly limitless possibilities. Linda Gassenheimer has put together this collection of delicious and incredibly easy superfood powerhouses. This pocket-sized book focuses on short recipes that are quick, easy, and made with few ingredients. Best of all, these recipes use the latest nutrition research to balance glucose response while delivering unbelievable taste. Most smoothies are packed with sugar and carbohydrates; these recipes cut the carbs, but not the fun.



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