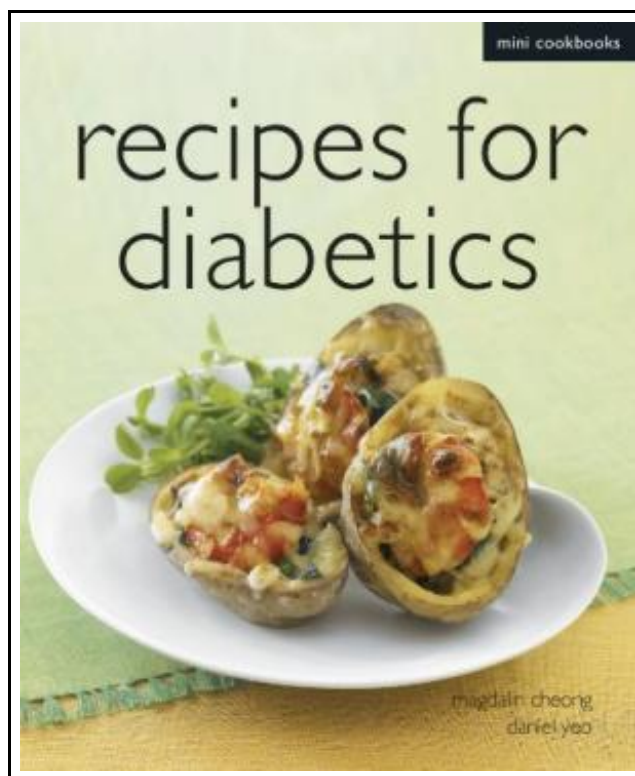


Recipes for Diabetics



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Marshall Cavendish International (Asia) Pte Ltd. Paperback. Book Condition: new. BRAND NEW, Recipes for Diabetics, Magdalin Cheong, Daniel Yeo, If you wish to add variety to a diabetic-friendly diet, or looking to cook healthy delicious meals for the family, this book is for you. Chef Daniel Yeo and dietician Magdalin Cheong from the Changi General Hospital team present this handy cookbook, which shows how to adopt a nutritious and informed approach to food choices. With 30 great recipes to choose from, eating healthy doesn't mean swallowing bland food. This tempting range includes crunchy Pomelo Salad, sweet Double-boiled Chicken and Pear Soup, flavourful Ten-treasure Duck, succulent Baked Coffee Spare Ribs, crispy Oatmeal Prawns and zesty Pear and Plum Crumble. Complete with detailed information on how to manage diabetes, this is your trusty guide to eating well and eating right.



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