



150 Best Indian, Asian, Caribbean and More Diabetes Recipes

By Sobia Khan

Robert Rose Inc. Paperback. Book Condition: new. BRAND NEW, 150 Best Indian, Asian, Caribbean and More Diabetes Recipes, Sobia Khan, An internationally inspired cookbook for anyone managing diabetes. This cookbook has huge appeal for two primary markets of high-risk individuals: 1) those from an ethnic background who want meals that are traditional yet offer healthy alternatives; and 2) those who are not from a specific ethnic group but seek ethnic recipes that are healthier and diabetic-friendly. Each enticing recipe has been specifically created for those managing diabetes and retains the taste and appearance of traditional ethnic dishes. These recipes have been developed by a registered dietitian and culinary school professor, so great taste and solid nutrition are guaranteed. The ingredients ensure a broad range of dishes and options, and there is no use of artificial sweeteners. Most of the recipes can be made in less than 20 minutes and each recipe has a complete nutritional analysis as well as handy professional tips. Everyone can enjoy these traditional recipes, with the same taste and look as long as they watch portions or modify certain ingredients. For example coconut milk or oyster sauce can be added to a favourite dish, so long...

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