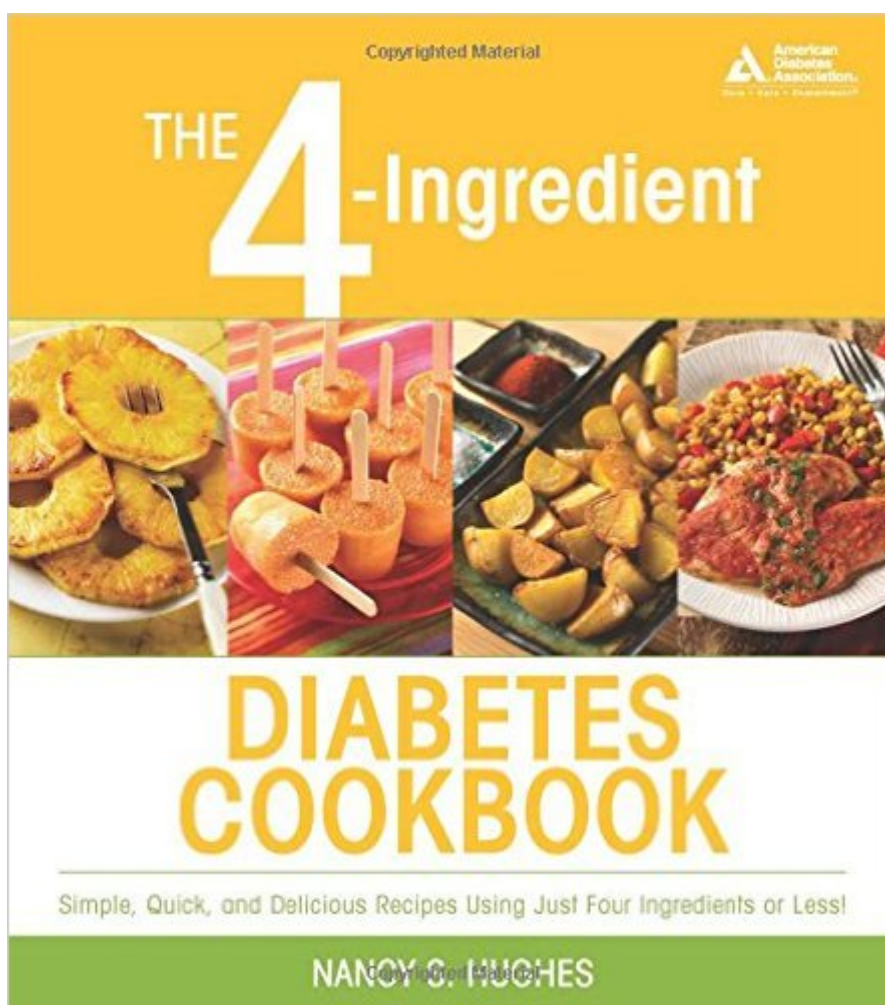


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# The 4-Ingredient Diabetes Cookbook



## Synopsis

Making delicious meals doesn't have to be complicated, time-consuming, or expensive. You can create satisfying dishes using just four ingredients, or even less! Make the most of your time and money. You'll be amazed at how much you can prepare with just a few simple ingredients. With over 150 quick, easy-to-prepare recipes, The 4-Ingredient Diabetes Cookbook has recipes for breakfast, lunch, dinner, and everything in between.

## Book Information

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Average Customer Review: 4.1 out of 5 stars Â Â See all reviews Â (56 customer reviews)

Best Sellers Rank: #265,349 in Books (See Top 100 in Books) #32 in Â Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association #245 in Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > General #302 in Â Books > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free

## Customer Reviews

We first checked this book out from our public library to test it and now we can't live without it!The recipes are delicious and real-life friendly. We do not have diabetes in our household, but want to put healthy nutritious foods on the table.In my view, any recipe that passes diabetic guidelines will keep the appetite satisfied and fuel our bodies appropriately. But most importantly to us, these recipies appeal to our senses in making mealtime a pleasure with foods we want to enjoy again and again.Recommended!

In "The 4-Ingredient Diabetes Cookbook" cookbook author, food consultant, and nutritionist Nancy S. Hughes has compiled simple and delicious recipes for entrees, side dishes and desserts using four ingredients (or less) that are especially suitable and suited to the dietary needs of diabetics. Quick and easy to prepare, the recipes range from Pineapple-Apricot Fizz; Lemony Asparagus Spear Salad; Peach Barbecued Chicken; and Chili Stuffed Potatoes; to Taco-Spiced Rice; Skillet

Roasted Veggies; Zesty Beef Patties with Grilled Onions; and Frozen Chocolate Peanut Butter Layered Pie. Of special note are the 'Cook's Tips' that accompany each of the recipes. "The 4-Ingredient Diabetes Cookbook" is a welcome and very highly recommended addition to diabetes relevant cookbook collections.

This book is for anyone who would like to start eating healthy. I do not like cooking and I am a diabetic so when I saw this title "The 4 Ingredient Diabetes Cookbook" I was very skeptical. Let me say I am pleasantly surprised, I love these recipes! This cookbook has everything one needs to have a delicious meal on the table from 5 minutes to no more than an hour. Each recipe gives all the nutritional information and serving portion one needs to control glucose levels and if you follow the serving size you will have very little spikes! The thing I love love love the most is that these are regular ingredients and not a "diabetic diet". Everyone in your family can have the same meal. I have made all the recipes featured on the cover and the directions are simple and easy to follow. The pineapple dish is absolutely amazing! I have had dinner parties and my guests have raved about all the food, even the beverage recipes are outstanding! The title stated 4 Ingredients but the 4 ingredients are the core ones, not including spices i.e. salt, pepper, water were not included in the 4 ingredient count, so if you add those you have 7 or 8. Thank you Nancy Hughes, as this recipe book is a much needed one for anyone wanting to cook good healthy meals.

Before purchasing this book I looked through the reviews and one stuck out about the recipes being bland. I ordered anyway because spices are easy to add. I have made several of the recipes and not one has been bland, just the opposite. I highly recommend this book as the recipes taste great plus are so simple.

The only reason I'm not giving this cookbook 5 stars is because the dessert section needs more tempting treats...but hey, it IS a diabetic cookbook. That said, it is 193 pages of fast, easy, good recipes. The author uses ingredients EVERYONE keeps in their kitchen or are easily found in even the worst-stocked grocery stores. Most of the recipes are made with 4 ingredients, a few are included that are made with 3 and 5 ingredients. But, hey, they're still fast and easy to make...and are diabetic friendly.

When I ordered this, it was primarily because it was a 4- ingredient cookbook. I have two kids, one picky eater and one that will eat a lot but has aversions to certain textures. Happily, they both have

eaten everything I have made out of this book. I like that the cookbook gives prep time, cook time and stand time (some other cookbooks do this too but not all). The recipes are delicious. A concern I have when buying cookbooks is that I will have to go out and buy new appliances for ways to prepare the food or buy a hundred dollars worth of groceries I normally would not have bought. That was not the case here. I would highly recommend this to anyone looking for easy, healthy meals.

I'm really sorry I purchased this book. I am a really good cook but thought that maybe I could find some really good and quick recipes. Instead I was surprised to find recipes filled with white flour, sugar, and especially packaged mixes. Cake mix for dessert, cookie mixes for dessert... I am trying to eat much better with fresh vegetables, whole grains, and NEVER any white flour, white rice and white sugar. I guess if you don't know how to cook a lot and are pressed for time, this will be fine, but otherwise, if it's "healthy" that you want, this isn't it. There were a couple of "dip" recipes that looked pretty good.

This Cookbook is very simple but not for diabetics. Too many Carbs and several recipes do use sugar. These recipes remind me of something you'd create out of can.

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