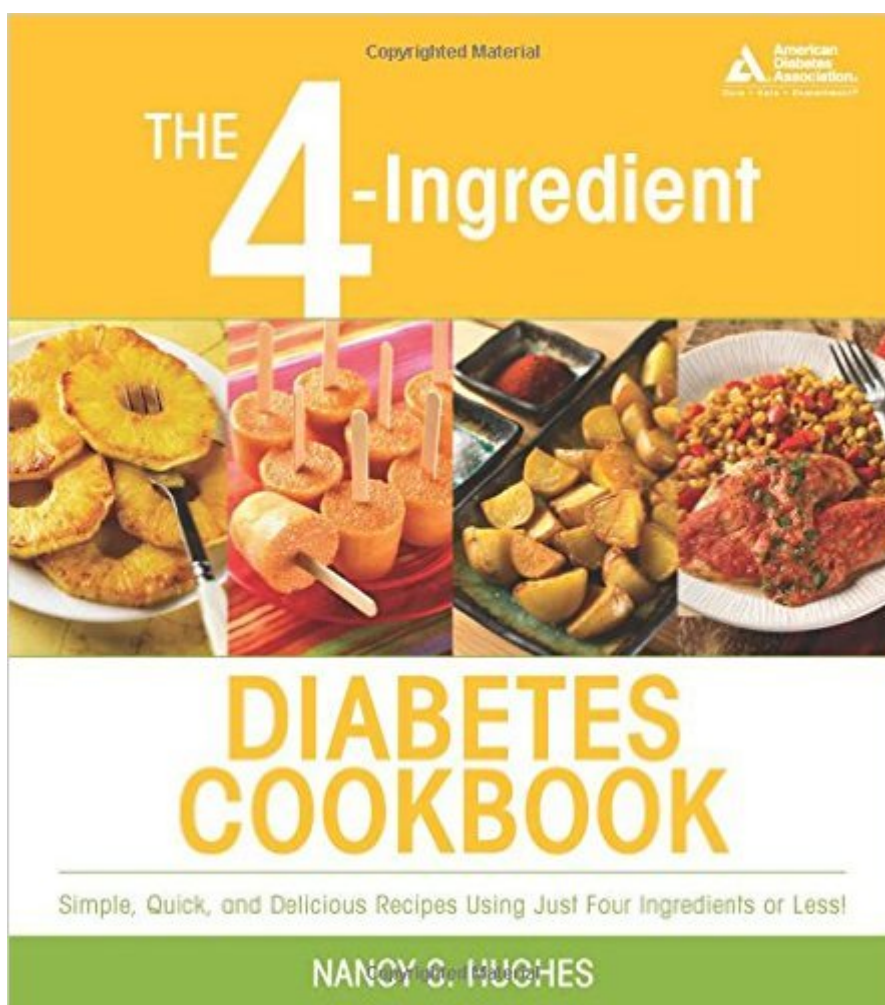


The book was found

# 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

Paperback: 217 pages

Publisher: American Diabetes Association; 1 edition (July 16, 2007)

Language: English

ISBN-10: 158040278X

ISBN-13: 978-1580402781

Product Dimensions: 0.2 x 8 x 9 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

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

Best Sellers Rank: #265,349 in Books (See Top 100 in Books) #32 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association #245 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > General #302 inÂ 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.

[Download to continue reading...](#)

Diabetes: Reverse Diabetes: How to reverse diabetes and manage type 2 diabetes, type 1 diabetes and gestational diabetes (Diabetes, Type 2 diabetes, Type ... sugar, diabetic recipes, what is diabetes) TYPE 2 DIABETES DESTROYER: The Secret to REVERSE Type 2 Diabetes, 3 Proven Steps to Reverse Type-2 Diabetes in 11 Days (Diabetes type 2, Diabetes, diabetes ... DIABETES, diabetic cookbook, type 2 diabetes) Diabetes Diet:: Lower Your Blood Sugar Naturally (Diabetes Diet, Diabetes for Dummies, Diabetes Cookbooks Free, Diabetes Type 2, Diabetes Destroyer, Diabetes Solution, Diabetes Cure) Diabetes Diet: The Ultimate Diabetic Diet Plan, How To Lose Weight, Prevent And Cure Type 2 Diabetes (Diabetes, Diabetes Diet, Diabetes Diet Plan, Diabetes ... Diabetes, Type 2 Diabetes Diet Book Book 1) Diabetes: How To Reverse Diabetes (Diabetes Diet, Diabetes Cure, Insulin, Type 1 Diabetes, Type 2 Diabetes, Diabetes free, Reversing Diabetes) The Type 2 Diabetes Cure - How to Reverse Diabetes Naturally and Enjoy Healthy Living for Life (Reverse Diabetes, Diabetes, Type 2 Diabetes, Diabetes Diet, ... Solution, Type 2 Diabetes Cookbook, Book 1) Diabetes Diet Cookbook: Delicious Low Carb Recipes For Diabetics (Diabetes Miracle Cure, Lower Blood Sugar, Diabetes Desserts) (Diabetes Cookbook, Diabetes ... Type 2 Diabetes, Lower Blood Sugar) Diabetes: Diabetes Diet: 3 Steps to Cure Diabetes The Ultimate Guide with the Top Foods to Restoring Blood Sugar (diabetes, type 2 diabetes, diabetes

symptoms,type ... diet,glucose,type 2 diabetes symptoms) Diabetes Diet - Ultimate Step-by-Step Guide to Reversing Diabetes With Your Diet: Diabetes, Diabetes Diet, Diabetes Cure, Reverse Diabetes, Type 2 Diabetes, Vegan, Vegetarian Diabetes: Diabetes Black Book: Reverse Diabetes Forever With 25 Superfoods (Reverse Diabetes, Diabetes Diet, Diabetes Cure, Insulin, Diabetes recipes) Diabetes: The Most Effective Ways and Step by Step Guide to Reverse Diabetes: (Diabetes, Diabetes Diet, Lower Blood Sugar, Diabetes free, Diabetes Cure, Reversing Diabetes) Diabetes: Step by Step Diabetes Diet to Reverse Diabetes, Lower Your Blood Sugar and Live Well (Diabetes, Diabetes Diet, Diabetic Cookbook, Reverse Diabetes) Diabetes: Reverse Diabetes In 4 Weeks With Proven Step By Step Methods And Superior Strategies (+ Bonus Cheatsheet) (Diabetes Diet, Diabetes Type 2, Diabetes Cookbook, Insulin, Diabetes Solution) Diabetes: Diabetes Prevention And Symptoms Reversing, Guide To Diabetes Diet, Nutrition Tips, The "Cure" For Diabetes Type 2 (Diabetes Diet Cookbook And ... Dummies, Reverse Diabetes Without Drugs 1) Diabetes: Reverse Diabetes With Proven Step By Step Methods And Superior Strategies (Diabetes Diet, Diabetes Cure, Insulin, Type 1 Diabetes, Type 2 Diabetes) Diabetes: The Most Effective Diabetic Superfoods To Reverse And Prevent Diabetes (Diabetes Diet, Diabetes Cure, Insulin, Type 2 Diabetes, Reverse Diabetes) Diabetes Diet: Diabetes Diet is 904 pages of 1200-1800 calorie diabetic diet meal plans! (diabetic diet meal plan, diabetes meal planner, diabetes diet ... insulin, diabetic cookbook, diabetes cure) Diabetes Diet: Quick, Easy and Enjoyable Diabetic Recipes (Diabetes Diet, Dieabetes Diet Plan, Gestational Diabetes, Diabetic Recipes, Type 2 Diabetes, Diabetes Diet Cookbook, Diabetic) American Diabetes Association Complete Guide to Diabetes: The Ultimate Home Reference from the Diabetes Experts (American Diabetes Association Complete Guide to Diabetes) Reverse Diabetes: The Natural Way - How To Be Diabetes-Free In 21 Days: 7-Step Success System (Symptoms Of Diabetes, Type 2 Diabetes, Reversing Diabetes, Diabetic Health)

[Dmca](#)