

The New Soul Food Cookbook for People with Diabetes

Fabiola Demps Gaines, Roniece Weaver M.S.



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The New Soul Food Cookbook for People with Diabetes Fabiola Demps Gaines, Roniece Weaver M.S. More than 150 low-fat recipes in the first African-American cookbook for people with diabetes. Features snacks, soups, salads, main dishes, side dishes, desserts, and more. Complete nutrition information with every recipe.

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