



Crock-Pot: Diabetic Recipes

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Just because you have diabetes, does not mean you can't enjoy all of the classic comfort foods. CROCK-POT® Slow Cooker Diabetic Cookbook features some of the best in family favorite slow cooker recipes. You'll find more than 150 decadent recipes at 350 calories or less that were re-invented to fit within a diabetic diet. Each recipe is designed to allow you to indulge your taste buds without messing with your blood sugar levels including breakfast recipes, main dishes, side dishes, soups and even vegetarian options. Book includes a helpful introductory background on diabetes and how foods affect the disease. All recipes feature full nutrition information as well as diabetic meal exchanges.

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