



The Diabetes Snack, Munch, Nibble, Nosh Book

Ruth Glick

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Finally, a collection of snack recipes for people with diabetes! This cookbook contains mini-meals such as chili con queso and crab cakes, dips and sauces such as black bean salsa and pesto, baked items such as muffins and breads, salads such as curried fruits and marinated vegetables, and soups. Features recipes for one or two as well as for parties and crowds, snack ideas for hard-to-please kids, and a table of convenience food snacks recommended by the American Diabetes Association.-- All recipes are low in fat and sodium, contrary to the usual expectations for snack foods-- Includes nutrient analyses, preparation times, and exchanges for every recipe-- Quick-to-fix, deliciously fun recipes -- ready in minutes

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