



The Healthy Exchanges Diabetic Desserts Cookbook

JoAnna M. Lund, Barbara Alpert

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Good news for diabetics and those looking for preventive dietary measures: you can have your dessert and eat it too! Along with the latest information on diabetes and pre-diabetes, this cookbook has recipes for more than 200 scrumptious desserts, from Butterscotch Pecan Parfait to Rocky Road Pistachio Pie. Both easy-to-make and mouth-watering, here are puddings, pies, cakes, cheesecakes, cobblers, cookies, brownies, and breads ...with little to no sugar or fat.

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