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## **The All-Natural Diabetes Cookbook**

Jackie Newgent R.D.



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The All-Natural Diabetes Cookbook Jackie Newgent R.D.

Most diabetes cookbooks rely on artificial sweeteners or not-so-real substitutions to reduce calories, sugar, and fat, but often at the expense of flavor. The All-Natural Diabetes Cookbook takes a different approach, focusing on naturally delicious fresh foods and whole-food ingredients to create fantastic meals that deliver amazing taste and well-rounded nutrition. And absolutely nothing is artificial. Natural, fresh cooking isn't just healthy—it's delicious!

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