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Betty Crocker 30-Minute Meals For Diabetes (Betty Crocker Cooking)



Synopsis

Betty Crocker 30 Minute Meals for Diabetics is filled with time-saving recipes for diabetics and anyone interested in preparing delicious, healthy, family-friendly meals. Complete nutrition facts and 40 color photos accompany recipes for favorites like Chicken Linguine Alfredo, international dishes like Szechuan Beef and Bean Sprouts, fast skillet meals like Pork Fajita wraps, and other crowd-pleasing soups, sandwiches, salads, and pasta dishes. Whether youâ™re cooking for 1, 2, or for an entire family, everyone will benefit from the healthy eating tips and satisfying recipesâ™ many ready in under 20 minutes!

Book Information

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Average Customer Review: 4.3 out of 5 starsÂ Â See all reviewsÂ (76 customer reviews)

Best Sellers Rank: #206,728 in Books (See Top 100 in Books) #257 inÂ Books > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free #802 inÂ Books > Cookbooks, Food & Wine > Cooking Methods > Quick & Easy

Customer Reviews

I was looking for a cookbook that would make it easier for me to cook for a patient with diabetes. What I got was a book of southwestern recipes, foods that are cooked with sugar (which I was surprised at, since diabetics have a problem with metabolizing sugar), and it was not helpful at all. I believe the information was for anyone who wanted to use it, but it was not for diabetics specifically. My cooking chore was not made easier. In fact, I will probably give it to a charity since I cannot use it.

Of all the recipes, only 3 were worth trying. One worth repeating. Save your money. Search online for ideas instead.

I was able to find four recipes that were exciting to make. I am not an expert on this, but I thought that the book contained too much pasta and high fat to be appropriate for a diabetic diet. Some of the foods were a little too exotic or unusual for the average person in my opinion. There were lots of wonderful pictures and it was easy to read and understand. I also prefer to make all recipes from scratch, whereas this book uses some cereals or packaged items which may not be available in all stores. I really like the idea that Betty Crocker did write this book, and I hope that they do another book. It is good to be able to cook for the diabetics. Thank you very much, and enjoy cooking and reading!

There are many diabetic friendly recipes here. Easy to read and follow. Great instructions and how to's for beginning cooks also. If you are new to the diabetic world this is a great book to get you started.

There has only been a couple of recipes in here so far that we have NOT liked. They're super easy to follow, not horribly complicated, and they don't take that long to make. There's a few recipes that have more carbs than I would like but for the most part they're pretty good in terms of feeding a family 3/4 and maybe having a little leftover for lunch the next day. I'm pre-diabetic with liver problems so trying to keep a low carb/low sugar diet is important and it's nice to be able to have yummy healthy dinners for my family.

I like this cook book very much. It has recipes that are simple to use and ingredients that most people already have in their pantry or freezer. It is spiral bound which I like also. Very pleased with this purchase.

The book is very good. Is Betty Crocker still alive or was it written by a ghost writer? All joking aside. The recipes are clearly written and you don't have to be Julia Child's to make them. For those of you that are stricken by diabetes you'll like this book. You will still have to exercise, take your pills or poke yourself with insuline but you'll eat better using these recipes. The order went through smoothly. I had to wait for the book yet notified me of the delay and kept me informed as to when it was shipped.

I was looking for quick diabetic recipes and was very pleased with the selection of meals nicely laid out. I am really happy I selected this very helpful book. Especially helpful during those times when I

don't have a lot of time to prepare meals.

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