



Cooking without Sugar: Recipes for Diabetics and Dieters

Carol Stone

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Written by a diabetic's wife who understands the problems of controlling blood sugar, *Cooking without Sugar* contains a variety of no-sugar recipes. In this little book for diabetics and dieters, you will find recipes that: are easy to follow, and suitable for novice or experienced cooks; contain no sugar; contain no esoteric, hard-to-find ingredients; and can be used in any sensible diet program. [Note: I used bullets, but they show up here as Gk. sigma letters.]

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