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# Real Food for People with Diabetes

*Doris Cross, Alice Williams*

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# Real Food for People with Diabetes

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**Real Food for People with Diabetes** Doris Cross, Alice Williams
You can limit the sugar and fat in your diet without skimping on flavor. The 150 easy and tempting "real food" recipes here will show you how. They include:

• Banana Muffins • Cinnamon Raisin Biscuits • Chicken-Fried Chicken with Creamy Gravy • Cheesy Ham and Potato Chowder • Chuckwagon Cheeseburgers •Ultra Lowfat Lasagna • Macaroni and Cheese • Old-Fashioned Meatloaf • Pepperoni Pizza Rolls • Hearty Skillet Breakfast • Tender Smothered Pork and Potatoes • Potluck Casserole • Coconut Cream Pie • Raspberry Coffee Cake • Chocolate Mousse Cheesecake • Pumpkin Pie Deluxe • And many more!

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