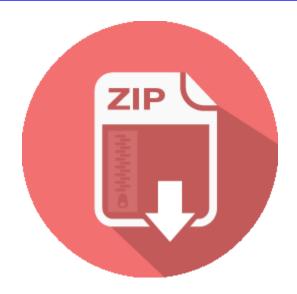
DIABETIC HEALTHY RECIPES



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This recipe is one from a local B&B that I replaced all the sugar with substitutes because I have diabetes. I have received all praise and 'I can't believe it is sugar free.' The sugar can be put back in if you want. Either way it is wonderful.

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Award-winning cookbook authors Frances Towner Giedt and Bonnie Sanders Polin, PhD, created hundreds of diabetes-friendly recipes featured in our recipe center. The duo also authored The Joslin Diabetes Gourmet Cookbook the only diabetes cookbook to have ever won the prestigious James Beard Award.

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