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Recipes excerpted from the American Diabetes Association's The 12-Week Diabetes Cookbook 2018, The Complete Month of Meals Collection 2017, Designed for One 2017, and The 4-Ingredient Diabetes Cookbook, 2nd Edition 2016 by Nancy S. Hughes.

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Collection of diabetic-friendly recipes. Trading butter for applesauce is a healthy way to cut out excess fat and still enjoy the sweetness of pancakes.

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