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Delicious Baking for Diabetics: 70 Easy Recipes and Valuable Tips for Healthy and Delicious Breads and Desserts

By Angelika Kirchmaier

Skyhorse Publishing. Paperback. Book Condition: New. Paperback. 144 pages. Dimensions: 9.1in. x 7.6in. x 0.7in. Do you miss eating sweets because you have diabetes After reading the recipes in this book, that will be the thing of the past! Delicious Baking for Diabetics includes seventy easy-to-make desserts that will make you forget any feelings of missing out on eating sugar. Angelika Kirchmaier includes classics as well as creative recipes with conversion formulas to adapt ingredients to your own taste. Delicious Baking for Diabetics includes recipes for cakes, cookies, and breads including: Walnut croissants Cashew biscuits Chocolate truffles Berry tarts Zucchini cakes Flourless pound cake Vanilla chocolate raspberry cake Spicy yogurt pancakes Herb pizza Detailed information explains what is important when baking dough and using ingredients, which sweeteners are acceptable, and which spices give that extra touch to cakes to make them really special. All recipes include amounts of protein, fats, carbohydrates, and carbohydrate moiety and exchange. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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