



# Two-Step Diabetes Cookbook: Over 150 Quick, Simple, Delicious Recipes

*Nancy S. Hughes*

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Nearly everyone is looking for quick, simple recipes that can be prepared in a snap, and people with diabetes are no different. To meet this need, there has been an explosion of healthy, low-step recipes—simple, low-ingredient meals that can be prepared quickly and with a minimum of complicated techniques and steps. Unfortunately, a number of these recipes either skip steps at the cost of taste, or stretch the concept by combining a number of steps into one.

**Nancy S. Hughes**, author of eight books for the American Diabetes Association, including bestsellers *The 4-Ingredient Diabetes Cookbook* and *15-Minutes Diabetic Meals*, has pulled together a book that doesn't just do the concept right, but does it better. In *Two-Step Diabetes Cookbook*, she has over 150 recipes that use everyday ingredients to make quick, delicious, and healthy meals in just two steps.

Perfect for weeknight meal plans or last minute dinners, this cookbook is a fantastic resource for those looking to better manage their diabetes and eat healthier. Quick, healthy, delicious recipes include Ham and Swiss Savory French Toast, Caramelized Onion and Goat Cheese Phyllo Bites, “2-Minutes-To-Fix” Italian Meatloaf, Creamy Pasta Parmesan with Bacon, Portobello Burgers with Blue Cheese Garlic Spread, Peppermint Chocolate Java Frozen Pie, and much more!

With the *Two-Step Diabetes Cookbook*, there's always enough time and ingredients to create a healthy, delicious, and diabetes-friendly meal everyone will love.



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