



Low-GI Cookbook: 83 Recipes for Weight Loss

By Louise Blair

Hamlyn (UK), United States, 2015. Paperback. Book Condition: New. 208 x 148 mm. Language: English . Brand New Book. The Low-GI Cookbook provides over 80 delicious, healthy low-GI recipes, allowing you to enjoy the many health rewards a low-GI diet can bring without having to compromise on the taste or variety of your meals. Eating a low-GI diet is the ultimate way to high energy levels, permanent weight loss and great health. This practical book offers 80 mouthwatering recipes for every occasion, from quick-fix lunches such as Poached Eggs with Lentils Rocket to delectable dinners including Baked Sweet Potato with Griddled Herb Chicken. There s no need to miss out on pudding either, with low-GI recipes for sweet treats such as Blackberry Apple Tartlets and Fruity Bread Butter Pudding. Together with expert information on how the glycaemic index works and why low-GI foods are so good for you, with The Low-GI Cookbook you ll find living the low-GI life is easy. Louise Blair is a home economist and food stylist, specializing in healthy recipes. She was a consultant for Diabetes UK and is the author of a number of books including Quick Cooking for Diabetes and Great Gluten-Free Baking, both...



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