



# Hidangan Lezat Sehat ala Chef untuk Penderita Diabetes (Indonesian Edition)

*Hindah Muaris*

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## **Hidangan Lezat Sehat ala Chef untuk Penderita Diabetes (Indonesian Edition)** Hindah Muaris

Synopsis: Diabetics often face difficulty in cooking, in relations to the various regulations they must observe and obey, so that their blood sugar level stays controlled and do not escalate. Actually, the condition doesn't prevent the diabetics from consuming tasty food. There are several tricks and tips that can be applied so that the diabetics can still enjoy tasty food, may even be as tasty as restaurant or café dishes. You can find 30 delicious dishes a la restaurant and café chef in this book, yet still stay healthy and safe for diabetics.

Hopefully these recipes can inspire you to serve healthy dishes, yet tasty and appetizing.

(<http://www.gramediainternational.com/book/detail/9789792270723>)

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