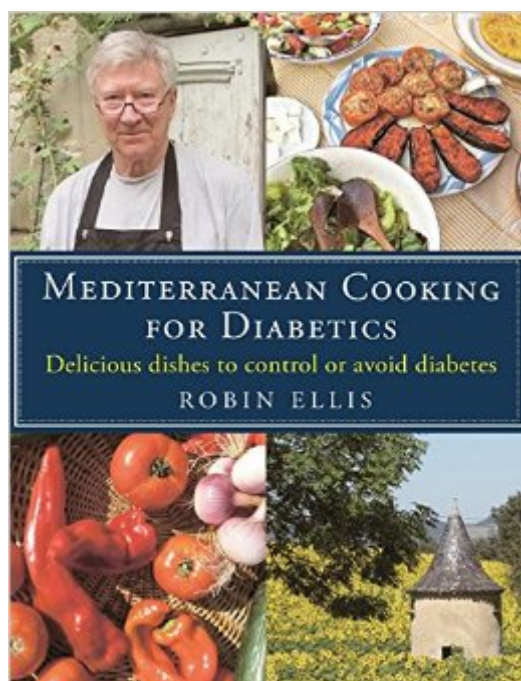


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# Mediterranean Cooking For Diabetics: Delicious Dishes To Control Or Avoid Diabetes



## Synopsis

This book is a second, fully revised edition of Robin Ellis's hugely successful Delicious Dishes for Diabetics. Based on Mediterranean cuisine - one of the healthiest in the worldbook - British actor, Robin Ellis shares his lifetime collection of healthy and simple recipes especially selected and adapted for people wishing to control or prevent Types 2 diabetes. Diagnosed with Type 2 diabetes himself, Robin explains the strategic changes he made - in what he eats and how he prepares his food - that allowed him to bring his glucose levels down sufficiently to avoid taking medication for six years. This fully illustrated book contains photographs, not only of the recipes but of beautiful, rural southwestern France, where Robin lives and leads sell-out cooking workshops focused on simple, delicious and healthy Mediterranean cuisine, making the most of all the fresh local ingredients available.

## Book Information

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## Customer Reviews

I recently gifted myself this wonderful cookbook by Robin Ellis. The recipes are good clean cooking that are not overblown or take too much time. The food is great for diabetics and non-diabetics alike. The ingredients are easy to find in your grocery store and in fact many of the recipes lend themselves to be doubled if you are having dinner guest. The photographs, taken by Meredith Wheeler, throughout the book show off the lovely country side of France. Great book for you or as a gift. Mediterranean Cooking for Diabetics: Delicious Dishes to Control or Avoid Diabetes

I am glad diabetics can benefit from this cookbook but it really is about healthful, simple, and

flavorful every-day cooking for everyone. Enhanced by Meredith Wheeler's gorgeous photos of the food and life in rural France, Robin Ellis's book is a page-turner. Beginner cooks will find the recipes and ingredients inviting, and experienced cooks will be reminded that delicious meals for family and friends can be easily pulled together within a few minutes.

I was so happy to finally receive my copy of *Mediterranean Cooking for Diabetics*.....I have made some of Robin's recipes from a previous book and they do not disappoint. Neither does this book. The recipes are straight-forward, simple and easy to prepare and certainly creative. His wife, Meredith, took the photos and they are stunning. It looks as if all those beautiful vegetables are going to jump right onto my plate! Being a quasi-vegetarian there are certainly an abundance of recipes for me to enjoy. I'm not a diabetic but I would encourage anyone who wants to begin or continue eating healthy to add this cookbook to your kitchen library.

As a late onset diabetic. For me Robin's book is a must. It's simplicity is what makes it a key recipe manual. I'm a self confessed Luddite as far as cooking is concerned but Robins range of recipes makes for diabetic delight in low glycemic eating.

I just got my new *Mediterranean Cooking for Diabetics* by Robin Ellis...the original Poldark star in the series of the 1970's! I love it! Fantastic, uncomplicated dishes using fresh vegetables and food selections friendly toward people who have or are trying to avoid Diabetes. A Diabetes diagnosis can be such a downer for people who love to eat! It makes you think "deprivation". But open this cookbook and see the gorgeous full color photographs of Robin's dishes taken by his wife Meredith Wheeler and all thoughts of deprivation leave your mind! This is a feast that you can prepare yourself! From Pork chops with white beans, Greek salad, Gratin of Fried Garbanzo Beans with Chorizo and Spinach, to Blackened Salmon with Orange Yogurt sauce...this book is packed with delicious meals for you to enjoy! You will love it!

Robin Ellis' third cookbook, *Mediterranean Cooking for Diabetics*, is another winner. It is similar to the previous two in that, besides all the recipes being suitable for diabetics, most are straightforward to prepare. Some are downright easy and extremely quick, like Broccoli - Florence Style. A number of dishes sound particularly interesting and different. (I am looking forward to making Spaghettini with Garlic, Lemon Zest, and Rosemary.) Some recipes will look familiar from the other two books, but there is so much new here that the third cookbook is definitely well worth it. The emphasis in all

three cookbooks is on good, healthy food, prepared with basic cooking techniques. Well, maybe ignore the healthy part. It is not that the recipes aren't healthy (they are) but they look so good, you really won't care!

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