



The Healthy Home Cookbook: Diabetes-friendly Recipes for Holidays, Parties, and Everyday Celebrations

Barbara Seelig-Brown

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Whether it's a holiday celebration, an after-church family get-together, or just a small dinner party among friends, food is central to almost any gathering of family and friends. Designed around the notion that everyone should enjoy hearty family favorites or adventurous party bites, Barbara Seelig-Brown has pulled together a collection of healthy dishes and festive recipes that everyone in a group can enjoy. Each recipe is designed to be flavorful and satisfying yet healthy. The days of separate foods for partygoers are a thing of the past. Now anyone looking to entertain can feature a full spread with dishes that everyone can enjoy guilt-free. From small bites to get-togethers, full courses for a dinner party, to satisfying favorites for a Sunday football marathon, *The Healthy Home Cookbook* is packed with recipes and meal-planning tips that will have *everyone* wanting more.

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