



At My Table: Delicious Recipes from 60 Celebrated Chefs for People with Diabetes

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Mouthwatering, sophisticated recipes from top chefs for people with diabetes, their families, and friends

The best chefs in the Southern Hemisphere have contributed wonderful recipes to this delicious collection, some for everyday eating, some for special occasions. While this is not a traditional cookbook for people with diabetes, each recipe has been assessed by a senior clinical dietician from a hospital diabetes center. Nutritional information and tips from the dietician have been included not only for diabetics but also for anyone watching their weight, blood glucose levels, or cholesterol. Recipes include Maggie Beer's Haloumi and Citrus Lentils, Adam Liaw's Scallops with Green Olive Tapenade & Preserved Lemon Powder, Luke Mangan's Warm Oriental Duck and Mango Salad, and Janni Kyritsis's Pink Gin Granita. Recipes includes dual measures.

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