



The Heart-Smart Diabetes Kitchen: Fresh, Fast, and Flavorful Recipes Made with Canola Oil

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Bring the taste of fresh, natural ingredients and wholesome meals to your table. Featuring 151 recipes made with canola oil - one of the healthiest cooking oils available - this cookbook will allow you to serve dishes that are low in saturated fat and cholesterol but high in flavor in no time. It's just what the doctor, and your inner chef, ordered.

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