



Diabetes Snacks, Treats, and Easy Eats for Kids: 130 Recipes for the Foods Kids Really Like to Eat

Barbara Grunes

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When children come home from school or sports, they want a snack. Not some gourmet meal, just something simple and tasty and quick to fix. For those with diabetes, these snacks can be especially hard to come by. And with incidence rates rising sharply — one in three American children born in the last five years is expected to become diabetic — it's a problem more and more families are facing. This book offers a happy solution, with 130 recipes for the types of things youngsters really like to eat that are also healthy and help them stay within diabetic guidelines. It contains a wide array of choices for every meal of the day and to satisfy every hunger pang in between, with healthy renditions of favorites like Pizza Puffs, Chicken Nuggets, Taco Salad, Turkey Quesadillas, Puffy German Pancakes, Strawberry Sundae, Mini Chocolate Cupcakes, and many more.

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