



# The Diabetes Seafood Cookbook: Fresh, Healthy, Low-Fat Cooking

*Barbara Seelig-Brown*

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**The Diabetes Seafood Cookbook: Fresh, Healthy, Low-Fat Cooking** Barbara Seelig-Brown

From freshwater and saltwater fish to crab, shrimp, and clams, The Diabetes Seafood Cookbook delivers over 150 delicious recipes fresh from the sea. Whether you're looking for a perfect appetizer, a delightful dinner, or a satisfying side dish, this is your one-stop shop for fresh, delicious seafood.

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