



Mediterranean Cooking for Diabetics: Delicious Dishes to Control or Avoid Diabetes

Robin Ellis

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This book is a second, fully revised edition of Robin Ellis's hugely successful *Delicious Dishes for Diabetics*. Based on Mediterranean cuisine - one of the healthiest in the worldbook - British actor, Robin Ellis shares his lifetime collection of healthy and simple recipes especially selected and adapted for people wishing to control or prevent Types 2 diabetes. Diagnosed wth Type 2 diabetes himself, Robin explains the strategic changes he made - in what he eats and how he prepares his food - that allowed him to bring his glucose levels down sufficiently to avoid taking medication for six years.

This fully illustrated book contains photographs, not only of the recipes but of beautiful, rural southwestern France, where Robin lives and leads sell-out cooking workshops focused on simple, delicious and healthy Mediterranean cuisine, making the most of all the fresh local ingredients available.

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