



Blood Sugar: Inspiring Recipes for anyone facing the Challenge of Diabetes and maintaining good health

Michael Moore

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Chef Michael Moore was busy running his restaurant, cooking on television, climbing the ranks of top chefs in the world and travelling the globe. Michael was already living with diabetes. For a top chef surrounded by great food, he faced the ultimate challenge of healthy eating and living. One day out of the blue, he suffered a major stroke while out to dinner with his family, an event that changes his outlook on life and food forever. Being a diabetic doesn't mean you are stuck in a gastronomic wilderness. You can have great food that's unexpected and exciting. It's all about keeping your blood sugar under control and balancing the ingredients to help you maintain good health,' says Michael. Packed with inspiration Blood Sugar includes nutritional tips, food balance and ideas for a healthy life, and stunning recipes for home-cooking, entertaining and family life. Blood Sugar breaks the mould in diabetic cooking! It's for anyone who is inspired by great food. From a funky mezze plate, a hot Caesar salad, paella fried rice, seafood pie to fantastic desserts you never knew you were allowed to eat.

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