



# **Glycemic Index: 50 Essential Recipes for Today's Busy Cook (The Best of Everything®)**

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Everything® cookbooks are a popular choice for home cooks looking for fresh, original recipes that only taste like you've spent all day in the kitchen. Here are fifty of the freshest, healthiest, low glycemic recipes. You'll find all you need to learn how to balance your glycemic intake, with recipes ranging from Banana-Kiwi Smoothies to Asian Sesame-Crusted Scallops.

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