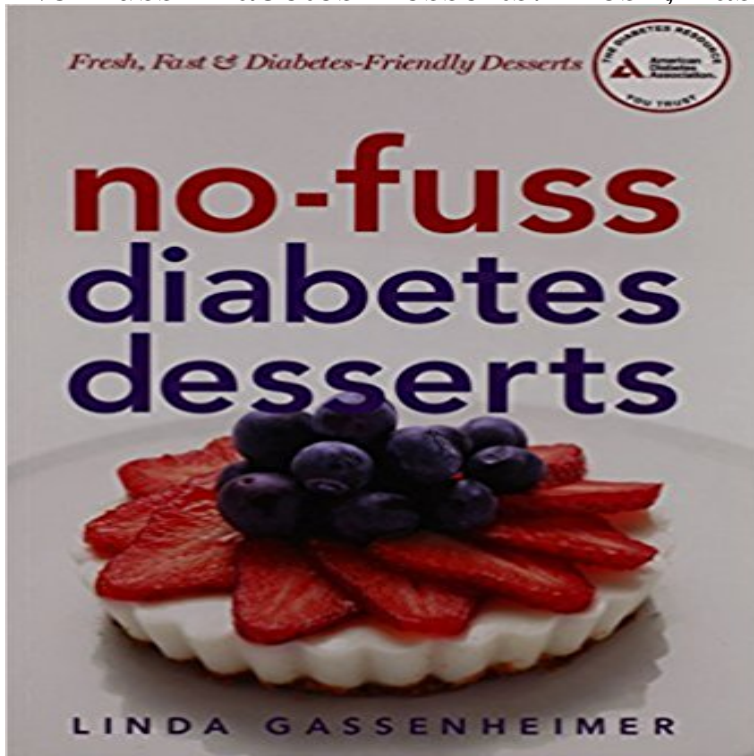


## No-Fuss Diabetes Desserts: Fresh, Fast and Diabetes-Friendly Desserts



At the end of a meal, nearly everyone has the same question: Whats for dessert? Now, for people with diabetes, theres a good answer. No-Fuss Diabetes Desserts is designed to satisfy any sweet tooth with dozens of dessert recipes specifically designed for those with diabetes. Best of all, these desserts are simple, fast, and, of course, very tasty. For most newly diagnosed people with diabetes, the assumption is that desserts and sweets are a thing of the past, but any meal plan can accommodate something sweet as long as the portions are appropriate and the ingredients are selected carefully. Author Linda Gassenheimer also shows that dessert doesnt have to be elaborate, just something thats quick, easy, very delicious, and not likely to break a calorie or carbohydrate bank. In fact, most of the desserts in this book take only minutes to make. Most importantly, No-Fuss Diabetes Desserts shows that people with diabetes can end a meal with dessert and not feel guilty or left out. These are quick desserts that can be made with very little effort, all based on simple ingredients found in a local supermarket.

Et les renforts arrivent encore Bon Åsa sera la derniÅre revue de troupes de la semaine. Donc on arrive Å 300 figurines il en reste donc 420... mais Åsa va Åsa avance bien. Je m'amuserais surtout sur les petites piÅces. LÅ c'est du monobloc donc mÅame si la ligne de moulage est visible -donc il faut Åbarber presque tout le tour de la figurine... oui oui.- Comme Å chaque dÅbut de dÅfi, je suis dans les temps, limite mieux qu'espÅrer. Mais par expÅrience je sais que c'est le creux du dÅfi qui m'est fatal donc on verra quand j'aurais tout ÅbarbÅ :) PubliÅ par CdtK Å 17:37 4 commentaires: Liens vers cet article Envoyer par e-mail BlogThis! Partager sur Twitter Partager sur Facebook Partager sur Pinterest LibellÅs : Blabla lundi 1 aoÅt 2016 Revue des troupes Bon juste une petite photo pour montrer que je passe Å l'infanterie. j'adore l'Åbarbage. Oui certains diront que Åsa fait parti du hobby mais c'est vraiment ce que je dÅteste le plus. Et puis lÅ c'est de l'industriel. PubliÅ par CdtK Å 17:06 2 commentaires: Liens vers cet article Envoyer par e-mail BlogThis! Partager sur Twitter Partager sur Facebook Partager sur Pinterest LibellÅs : Blabla vendredi 22 juillet 2016 Pour une poignÅe de trous en plus VoilÅ les plaquettes de 6cm ont ÅtÅ percÅ... 1200 trous... oui oui. 1200 trous dans du plexi -vous savez le truc qui se colle une fois sur deux sur la mÅche. Mais voilÅ pour les 6cm c'est fini et je verrais pour les 8cm de front plus tard -je dirais fin aoÅt-. Mais Å quoi Åsa correspond? Donc dire des trous c'est bien mais Åsa renseigne pas beaucoup alors 1200 trous c'est : 594 soldats -de lÅger Å lourd- 231 cavaliers et 24 canons avec 4 artilleurs. Oui monsieur. Bon alors je suis dÅÅsu de ne pas avoir plus de soldats Å pied. C'est pas super grave, je doute que toutes les plaquettes soient un jour sur la mÅame table. Mais bon quand on voit que pour 30e -3 plaquettes- j'ai pu fait celle lÅ et autant en 8cm, Åsa va. Il faut voir ce que cela m'aurait coutÅ dans le commerce. On y rajoute le prix des aimants -15e les 1000 fdpin- et

j'ai quand même un très bon rapport qualité-prix par rapport à ce que je recherchais. Il le reste à barber les trous pour y glisser l'aimant et ça sera parfait je pourrais retourner mes figurines. Publié par CdtK à 09:52 2 commentaires: Liens vers cet article Envoyer par e-mail BlogThis! Partager sur Twitter Partager sur Facebook Partager sur Pinterest Libellés : 28mm, Blabla jeudi 14 juillet 2016 florian.bardi. Thème Voyages. Images de thèmes de Storman. Fourni par Blogger.

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