



# The Budget-Friendly Fresh and Local Diabetes Cookbook

*Charles Mattocks*

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## **The Budget-Friendly Fresh and Local Diabetes Cookbook** Charles Mattocks

Local food traditions can blossom into regional cuisines and offer tastes and memories that last a lifetime. With some smart selections, these cuisines, made with fresh, local ingredients, can also improve your health and the health of your family. What most people don't know? Foods from your local market are an incredible bargain. Chef Charles Mattocks combines his flair for using fresh, locally grown foods with his engaging presentation to offer a budget-friendly taste of what your local farmer's market can bring to your table. Diagnosed recently with type 2 diabetes, Chef Mattocks offers tips on creating and maintaining the perfect pantry, finding fresh foods, and, most important of all, preparing and serving meals that won't break the bank. *The Budget-Friendly Fresh and Local Diabetes Cookbook* is the perfect collection for those who want to improve their health, take advantage of local and sustainable foods, and save money at the same time.

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