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In Dr. Neal Barnard's Get Healthy, Go Vegan Cookbook, the country's leading diabetes team weighs in on America's hottest dietary trend. The cookbook is based on a landmark two-year study conducted by Dr. Barnard, which showed that a vegan diet more effectively controls type 2 diabetes.

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Barnard, M.D., nutrition researcher and

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Diabetes 150 Recipes

New York Times bestselling author, draws on decades of scientific research showing the power of plant-based diets for reversing type 2 diabetes. Dreena Burton, bestselling cookbook author and creator of the Plant Powered Kitchen blog, developed the cookbook's 150 recipes.

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Neal Barnard, M.D., F.A.C.C. (Author)
Neal Barnard, M.D., F.A.C.C., is the president and founder of the nonprofit Physicians Committee for Responsible Medicine and Barnard Medical Center. He is the author of 17 previous books, including the New York Times best-sellers Power Foods for the Brain, 21-Day Weight Loss Kickstart, and the

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based on a landmark two-year study conducted by Dr. Barnard, which showed that a vegan diet more effectively controls type 2 diabetes.

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Easy, low-fat plant-based recipes with simple ingredients. Many of these recipes are also available in the 21-Day Vegan Kickstart App.

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Vegan Cookbook, the country's leading diabetes team weighs in on America's hottest dietary trend. The cookbook is based on a landmark two-year study conducted by Dr. Barnard, which showed that a vegan diet more effectively controls type 2 diabetes.

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He has authored more than 70 scientific publications as well as 19 books, including the bestsellers Power Foods for the Brain, 21-Day Weight Loss Kickstart, and Dr. Neal Barnard's Cookbook for Reversing Diabetes. Dr.

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Rodale, Emmaus, PA).ISBN 1623369290;

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onion, chopped (1 small) green bell
pepper, seeded and chopped (1)
tempeh, crumbled into small pieces (1

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