

The Budget-Friendly Fresh And Local Diabetes Cookbook By Charles Mattocks

By Charles Mattocks

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Charles Mattocks is a celebrity chef and the condition and here he shares one of his breakfast recipes from his budget-friendly diabetes cookbook.

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Tangy Green Beans From The Budget-Friendly Fresh and Local Diabetes Cookbook by Charles Mattocks SERVES 4 1 lb fresh green beans 2 shallots, finely chopped 2 Tbsp red

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Chef Charles Mattocks, a native of Jamaica and nephew of the late Bob Marley, has appeared regularly on nationwide television programs such as the Dr. Oz Show and

Jun 25, 2014 Celebrity chef and author, Charles Mattocks, joined us to cook up a little something from, "The Budget-Friendly Fresh and Local Diabetes Cookbook

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