

HERTKO HOLLOW

CARBOHYDRATE COUNTING COOKBOOK

This cookbook was compiled by the Knoxville, Iowa Area Community Hospital employees. It contains over 500 family recipes including breads, appetizers, casseroles, vegetarian dishes, salads, vegetables, desserts, and a section on fun crafts with food. Recipes have easy instructions, yield, portion size, and nutritional information. A great gift for anyone with diabetes or anyone interested in DELICIOUS RECIPES. All profits will be used to send children to Iowa's diabetes camp Camp Hertko Hollow.

View our web site: www.CampHertkoHollow.com

Name of camper who plans to attend next year _____

Please send _____ copies of the cookbook to:

Make checks payable to "Camp Hertko Hollow"

Cost per cookbook: \$15 plus \$5 for postage & handling

Name _____

Send orders to: Camp Hertko Hollow, Inc.

Street _____

c/o Gwen Leonard

City _____ State _____ Zip _____

903 SE 2nd Ave

Aledo, IL 61231

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