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Heat the remaining 1  
1/2 cups milk in a  
heavy medium  
saucepan over medium  
heat until steaming.  
Add the flour mixture  
and cook, whisking  
constantly, until the  
sauce boils and  
thickens, 2 to 3  
minutes. Remove from  
the heat.

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take insulin every day.  
• Type 2 diabetes— In  
this type of diabetes,  
the body does not  
make enough insulin or  
use insulin well. Some  
people with type 2  
diabetes have to take  
diabetes pills, insulin,

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diabetes is the most  
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diabetes. • Gestational  
diabetes— This type of  
diabetes can occur ...

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you as you whip up  
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