



# I Quit Sugar Kid's Cookbook

By Sarah Wilson

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## I Quit Sugar Kid's Cookbook By Sarah Wilson

What's inside this eBook

- 85+ fructose-free party recipes, breakfast ideas, lunchbox snacks and afternoon treats.
- Handy conversion widgets, substitution charts plus a shopping list generator.
- Safe sweeteners and how to use them.
- Tips and tricks from experts and health-conscious parents.
- Ideas to get the kids involved in cooking and growing their own food.

More About the Book

The I Quit Sugar Kids Cookbook has been designed with health-conscious mums and dads in mind. All the recipes contain minimal fructose, ensuring your kids enjoy yummy, nutrient-dense food without the totally unnecessary sugar dump.

In the Kids Cookbook you'll find various kid-friendly chapters, including:

- Breakfast for Brain Power: Loads of clever ideas for starting your day.
- Let's Party: Delicious cakes, drinks, ice creams and Easter treats.
- Grab 'n' Run: Fun finger foods to keep the kids happy when out and about.
- Lunch Box Ideas and Snacks: Easy recipes that will save you time, money and angst. --Plus tips on navigating your kids' tuckshop.
- Same-Same but Different: Popular kids meals with an IQS twist.
- When a Veggie is not a Veggie: Sneaky (but delicious!) ways to get your kids eating densely nutritious foods without the fuss.

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## **I Quit Sugar Kid's Cookbook** By Sarah Wilson Bibliography

- Sales Rank: #194893 in eBooks
- Published on: 2014-02-16
- Released on: 2014-02-16
- Format: Kindle eBook

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### Editorial Review

#### About the Author

Sarah Wilson is an Australian author, media personality, journalist and blogger. She is the former editor of Cosmopolitan magazine and was one of the hosts of the first series of MasterChef Australia, the highest rating show in Australian TV history. She's now the host and program developer for Foxtel's Lifestyle YOU, and is a commentator and fill-in host on Channel 7's Sunday Night, The Morning Show and Sunrise and The Project. Sarah is an adept social commentator, following a career that's spanned politics, health advocacy, restaurant reviewing, opinion writing and trend forecasting. She's also a qualified health coach with the Institute of Integrative Nutrition in New York. Her other books include I Quit Sugar and I Quit Sugar: Simplicious.

### Users Review

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