



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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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

From reader reviews:

Shirley Joy:

The knowledge that you get from I Quit Sugar Kid's Cookbook is the more deep you excavating the information that hide within the words the more you get enthusiastic about reading it. It doesn't mean that this book is hard to comprehend but I Quit Sugar Kid's Cookbook giving you enjoyment feeling of reading. The article writer conveys their point in a number of way that can be understood by simply anyone who read it because the author of this e-book is well-known enough. This specific book also makes your own personal vocabulary increase well. So it is easy to understand then can go to you, both in printed or e-book style are available. We suggest you for having this I Quit Sugar Kid's Cookbook instantly.

Nicholas Poston:

Reading a publication tends to be new life style within this era globalization. With looking at you can get a lot of information that could give you benefit in your life. With book everyone in this world can easily share their idea. Textbooks can also inspire a lot of people. Plenty of author can inspire their own reader with their story or their experience. Not only the story that share in the books. But also they write about the knowledge about something that you need case in point. How to get the good score toefl, or how to teach your sons or daughters, there are many kinds of book which exist now. The authors on earth always try to improve their ability in writing, they also doing some analysis before they write for their book. One of them is this I Quit Sugar Kid's Cookbook.

Jeffrey Price:

Are you kind of active person, only have 10 or even 15 minute in your moment to upgrading your mind skill or thinking skill possibly analytical thinking? Then you have problem with the book than can satisfy your short period of time to read it because all of this time you only find reserve that need more time to be learn. I Quit Sugar Kid's Cookbook can be your answer given it can be read by an individual who have those short time problems.

June Ortiz:

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