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Sugar Free Baking: For Busy Families

Mrs Nicole Beardsley

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Sugar Free Baking for busy families is the healthy baking learner guide for busy Mum’s. Parents these days are so aware of the need for healthy and nutritious breakfasts and snacks for their family, but they struggle to know where to start in making them. Sugar Free Baking is the book that parents have been waiting for. With 8 pages of handy charts and tips you will be guided through the rules of baking without refined sugar and flour and the alternatives you can use. You’ll learn how to pump your recipes up with immune boosting and calming wholefoods, and the top tips on how to make the transition to healthy eating for your family without any fuss or pain! With 30 recipes covering breakfast, snacks and dessert that are refined sugar, dairy, wheat and soy free this beautifully designed collection will inspire and support you in transitioning your family to healthier eating.

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