

# Sugar free for all the family

Submitted by: Sarah Flower

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The Sugar Free Family Cookbook

By Sarah Flower

Sarah Flower, nutritionist, author and mum of two, is very down to earth in her approach to health and cookery. This new book features her favourite family recipes, including cakes, biscuits and confectionary, all sugar free. This low carb, low fructose and sugar free book is a must for anyone who wants to improve their health, lose weight and balance blood sugars.

The Sugar Free Family Cookbook is bursting with fantastic recipes to suit all the family. With informative opening chapters on why we should reduce or eliminate sugar, including how to keep your children healthy, dealing with celebrations, such as birthday parties and Christmas. The book then leads on to some wonderful recipes and practical advice.

Recipe Chapters include:

- The Breakfast Table
- The Soup Kitchen
- Snacks, Light Lunches and Packed Lunches
- Sides and Salads
- Main Meals
- Healthy BBQ
- Fast Food
- Just Desserts
- The Ice-cream Parlour
- The Bakery
- The Tuck Shop
- The Pantry

You can order The Sugar Free Family Cookbook from Amazon or leading bookshops. [<http://amzn.to/2qXJVgO>]

Low Carb

All the recipes show the full nutritional analysis as well as suggestions to make the meals very low carb to suit those who follow a grain-free low carb diet or Low Carb High Fat (LCHF), which Sarah follows.

The Foreword is by Jonno Proudfoot, author of The Real Meal Revolution.

‘Sarah Flower is one of the many inspiring nutritionists I’ve encountered on my journey of nutrition and health discovery in recent years, a bright-smiling dietary soldier in the battle for better health. Sarah’s book is filled to the brim with everything you need to remove sugar and refined carbs from your diet. Critically, her recipes will make this life-style change feel less restrictive and more indulgent – exactly what you need to make it sustainable.

What we eat has a profound effect on our health and our lifestyles. Food is indeed our medicine and

eating real food that is free from processed junk is the way to improve your health and your life. Sugar-free, real, home-cooked food is the future of healthcare and, if you ask me, Sarah's treatment – in the form of Southern Fried Chicken, Rhubarb Crumble and Chocolate Pecan Meringue Cake – is just what the doctor ordered. ‘

Jonno Proudfoot  
The Real Meal Revolution

The Sugar Free Family Cookbook  
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Notes on Sarah Flower - Nutritionist & Author.

Sarah Flower, a leading nutritionist and author of several cookery books, is passionate about healthy eating and a keen advocate of the sugar-free and low carb way of eating.

Sarah writes for a number of publications including The Daily Mail, Top Santé and Healthista. She appears regularly on BBC Radio Devon.

She is available for commissions, expert comment, freelance writing, recipe development and nutritional workshops. She works with business and PR companies, providing nutritional support and endorsements, feature development and recipe development.

For more information on Sarah, her work or her books, visit [www.sarahflower.co.uk](http://www.sarahflower.co.uk)

If you would like to review any of Sarah's books, discuss competitions or would like expert comment, please email or call  
[mail@sarahflower.co.uk](mailto:mail@sarahflower.co.uk). Call 07545 287 816