

DOWNLOAD SUGAR-FREE KIDS - MARIA EMMERICH FREE EBOOK PDF/EPUB



Download or Read Online Sugar-Free Kids Free eBook (PDF/ePub/Mobi/Mp3/Txt) Maria Emmerich -, It is common knowledge that sugar makes kids hyperactive, mood swings, and contributes to the childhood obesity epidemic. More and more studies are demonstrating its negative health effects on adults and children alike. Cutting sugar at an early age can help set your children up for a healthy adulthood and bestselling low-carb author Maria Emmerich is here to teach you how. Emmerich is raising two boys on a diet free from processed sugars and centered around healthy protein and fat, and she's seen firsthand how kids can thrive when they eat this way!

"Sugar-Free Kids" arms busy parents with a wide array of sugar-free recipes that children will love. Not only does Maria keep kids' picky palates in mind, focusing on familiar flavors and dishes, but she also recognizes that today's families are strapped for time. The 150 recipes in this cookbook use readily available ingredients and are easy to prepare; in fact, kids can make many of these dishes themselves! From graham crackers and gummy bears to chicken nuggets, tacos, and pizza, moms and dads will find just about every food their children crave, without the sugar and processed carbs that make their brains foggy and can lead to health issues later in life.

Maria also offers substitutions for kids who avoid dairy, eggs, and/or nuts and even provides a selection of vegetarian recipes.

Sample recipes include:

- Strawberry Breakfast Parfait
- Chocolate Minute Muffins
- Pigs in a Blanket
- Touchdown Tacos
- Crispy Baked Ravioli
- Pizza Dog Casserole
- Sweet 'n' Sour Chicken Wings
- Just Like Oreo Cookie Sandwiches
- No-Churn Blue Moon Ice Cream

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