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31 One-Pot Recipes**Superkids Cass Lesson 7, Friday, August 28 Superkids-Lesson-2-for-Friday,-August-21 Super Food For Superchildren Delicious**

Super Food for Superchildren: Delicious, low-sugar recipes for healthy, happy children, from toddlers to teens Paperback – September 13, 2016 by Professor Tim Noakes (Author), Jonno Proudfoot (Author), Bridget Surtees (Author) & 4.6 out of 5 stars 161 ratings. See all ...

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Super Food for Superchildren: Delicious, Low-Sugar Recipes

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Super Food for Superchildren: Delicious, low-sugar recipes for healthy, happy children, from toddlers to teens

The difference from the adult book is, more inclusion of root vegetables such as sweet potato, sweet dishes including honey, and overall generally a great mix of child friendly recipes, which still abide by the 'banting' principles. If you are new to the concept of high fat low carb food, I would encourage you to try this book and it's recipes.

Super Food for Superchildren: Delicious, low-sugar recipes for healthy, happy children, from toddlers to teens Paperback – 2 Jun. 2016 by Professor Tim Noakes (Author), Jonno Proudfoot (Author), Bridget Surtees (Author) 4.5 out of 5 stars 144 ratings See all formats and editions

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Superfood for Superchildren by Tim Noakes. Superfood for Superchildren is the "must have" cook book for health conscious parents. It gives busy parents easy ways to feed their family delicious meals that are low-sugar and low carbohydrate. There is so much dietary advice out there, much of it conflicting, that it can be difficult for busy parents to make sense of it all.

Superfood for Superchildren by Professor Tim Noakes

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