



I Quit Sugar Cookbook

Sarah Wilson

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The I Quit Sugar Cookbook is the follow-up to Sarah Wilson's I Quit Sugar:8-Week Program. It doesn't muck about: it features more than 108 desserts, cakes, snacks, kids' treats and detox meals, plus a bunch of other tricks and tips and links. It will help you shop for ingredients, convert quantities and get extra detox and background information...in a click!

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