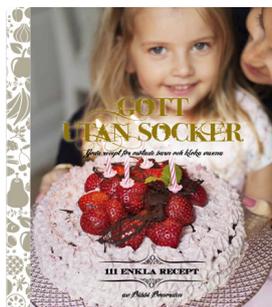


TASTY WITHOUT SUGAR



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Gott utan socker

Bibbi Bonorden

200x230, 144 pp

Be inspired by 111 simple recipes for yummy sweets & candies, delicious pastries and home-made Friday evening goodies! Learn how to make tasty and nourishing food without unnecessary sugar for children as well as adults.

In *Tasty without sugar*, the author has gathered together food that children love. All the recipes completely lack ordinary white refined sugar and unnatural sweeteners. Instead they are sweetened with fruit and berries and other nourishing ingredients that add sweetness.

And all the recipes are gluten-free. The sugar that we and our children consume every day – deliberately or without thinking about it – has turned into quite a headache for many families with the growing number of reports about the serious side-effects of sugar. Families don't know what to do. They lack the knowledge and the simple recipes for how to reduce their sugar intake and replace the sugar with more healthy alternatives that children will accept and like. The idea is that this book – *Tasty without sugar* – will fill that gap.

Welcome to a completely new ball game in your pantry. An adventure filled with magnificent taste experiences that definitely will make you want to do more.

About the authors



Bibbi Bonorden, writer and photographer, works as a consultant on communication strategies in rural development and environmental issues. She grew up on a Swedish farm, is very enthusiastic about picking berries, and she even likes weeding the garden. She rarely sticks properly to the recipe when she makes food, often doesn't add enough salt, and she likes to keep her pantry well stocked with good ingredients so that she quickly knock something tasty together.



Cecilia Kusoffsky, art director and graphic designer, has many years experience of communication around food and drink. She has previously designed a book about food safaris in East Africa. If Cecilia had to choose just one of Bibbi's recipes, then it would be the toffee on page 53. But otherwise she has always maintained that fruit and berries are the best sweets!



Björn Tesch, photographer, has lots of food projects to his name. Over the years he has made photos for cook books, food articles in magazines and papers, and advertising images for lots of food producers. Björn's favourite Friday pastime is peeping inside the fridge and from what he finds simply making a cosy TV-dinner for his family.

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