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Sarah Wilson Books Sarah Wilson

Sarah is a New York Times best-selling author and founder and director of I Quit Sugar. A summary in numbers: She was a journalist for 20 years, her books are sold in 46 countries, she s helped 1.5 million people quit sugar and her minimalist principles see her live out of two suitcases.

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The I Quit Sugar Cookbook is colorful, filled with good information and tasty recipes. The pictures of food in the cookbook make you hungry just looking at them, and the best part is they're good for you. In addition to recipes, the cookbook contains valuable information on setting up your kitchen, getting the best pots and pans, and baking dishes.

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Her recipe book Supercharged Food - I m a huge fan - features more than 90 gluten, wheat, dairy, yeast and sugar-free recipes. Available through Murdoch Books. Maria Laitinen Maria is a Sydney-based prop-stylist and health food blogger.

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