

## Wow Your Friends and Family with These Tasty Apple Recipes

This cookbook is a kids and teens adventure into the wonderful world of apples. Its goal is to help young cooks enjoy apples in any form while offering families healthful alternatives to the traditional high-sugar, white flour, apple desserts.

Beginning cooks will appreciate the easy-to-follow directions while seasoned cooks will enjoy creating delicious apple dishes perfect for any occasion. If you like real food, love apples, and are concerned with healthy eating, then this cookbook is for you.



### Premiere Cookbook with Healthful Alternatives to High Sugar, White Flour, Apple Dishes

Emphasis is on low-sugar, no sugar and other healthy food practices. If any sweetening needs to be added to apple desserts, these three natural sweeteners are used:

- unrefined organic cane sugar, such as Sucanat® or other similar cane sugars
- honey, especially raw honey
- maple syrup.

#### There are no artificial sweeteners used in this cookbook.

Healthy food practices are concentrated on what the author calls THE BIG FOUR:

- |                     |                         |
|---------------------|-------------------------|
| Avoid refined sugar | Avoid GMO products      |
| Avoid white flour   | Use healthy cooking oil |

These practices have been incorporated into the apple recipes. Because what you eat affects the way you look and feel, making healthy food choices is the way to go.

*Healthy to the Core! All Natural Low Sugar/No Sugar Apple Recipes For Kids* is packed with over 70 wholesome and tasty recipes. Apples are included in a wide selection of breads and cereals, salads, sandwiches, main dishes, side dishes, cakes, pies, cookies, desserts, snacks, and drinks. There are classics such as *Apple Crisp* and *Applesauce* and the curiously named *Appaloosa Alert*.

Lee Jackson is passionate about getting kids to eat healthy and live a healthy life-style. She is the author of 4 award winning books, two of which are apple cookbooks. She lives in Missouri, an important apple-growing state, and loves to go to the orchards in the fall where she often gets invited to bring her apple cookbooks, hand out apple goodies, and sign books. Check out her websites at: <http://www.cookingandkids.com/blog> and <http://www.healthykidseatingstips.com>

Books are available at select bookstores, libraries, Amazon, and on the publisher's website: <http://www.imagesunlimitedpublishing.com>

#### Images Unlimited Publishing

P.O. Box 305  
Maryville, MO 64468  
660-582-4279  
<http://www.imagesunlimitedpublishing.com>

ISBN 13: 978-0-930643-29-4



Children's Cookbooks/Apple Recipes/Healthy Foods/  
Whole Food Cookery/Real Food

Healthy to the CORE! All Natural Low Sugar/No Sugar Apple Recipes For Kids Jackson

# Healthy to the CORE!

## All Natural Low Sugar/No Sugar Apple Recipes For Kids

Lee Jackson