

# I QUIT SUGAR *with Sarah Wilson* I Quit Sugar launches Super Smoothies Cookbook

## MEDIA RELEASE

I Quit Sugar launches Super Smoothies Cookbook

December 2017 - Sydney, Australia

Keen to stay on the sugar-free wagon as you head into summer? Well, we just made it super simple with the latest addition to our I Quit Sugar cookbook collection... and you're not going to want to miss this one!

Our Super Smoothies Cookbook goes on sale December 1 and is packed with 30 delicious sugar-free recipes, designed to leave you feeling your best.

Get set to be inspired and blitz your way to health! The new cookbook includes:

Lush smoothie bowls

Totally toteable smoothies!

Quick kitchen hacks + smoothie toppers

Health elixirs

About IQuitSugar.com and the 8-Week Program

IQuitSugar.com is Australia's leading health and wellness hub for everything you need to know about quitting sugar. With simple, delicious recipes and expert advice on how you can ditch the sweet stuff and find food freedom, it also incorporates the I Quit Sugar 8-Week Program – the ONLY real and proven, sugar-quitting solution.

Super Smoothies Cookbook

Publication date: December 1 RRP: \$12.99 Limited extracts available, for more information please contact: Ashley Cameron ashley@iquitsugar.com

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