

Your go-to cookbook for delicious, sugar-free chocolate recipes

Sarah Wilson's I Quit Sugar team have kicked off the new year with a chocolate-y bang with the launch of the second edition of their hugely successful Chocolate Cookbook. Volume II is chock-full of decadent and deliciously easy recipes. Skip the supermarket chocolate aisle this Valentine's Day and steal the spotlight by whipping up your own homemade showstopper recipe without all the commercial guff.

Sarah Wilson added, "I love chocolate. I eat a bit every single day. But I do chocolate differently these days. I make my own - because most commercial chocolate is packed full of sugar (and other additives) - using real food ingredients and avoiding the fructose dump. Which is what we've done in our new Chocolate Cookbook."

In this book you'll find 80 indulgent, sugar-free chocolate recipes including:

- Show Stoppers. Show off your baking skills with our Raw Chocolate Cheesecake, Red Velvet Cake or our Choc-Caramel-Chunk and Peanut Butter 'Cheesecake'. Your friends, family and lovers will swoon.
- Chocolate for breakfast. You read that right! Whip up our Dark Chocolate Pancake Stack, Sweet Chocolate Risotto or our Berry Choc Whip for a breakfast that packs a nutritional punch.
- Same Same but Different. We've transformed classic recipes into healthy sugar-free treats. Tim Tams, anyone?
- Fixes for one. Feeling like a bite-sized treat without all the fuss? We've got you sorted.

Addicted to chocolate but hate the crashing sugar-highs and lows? Ditch the guilt and fall in love with chocolate again by purchasing our Chocolate Cookbook online for \$19.00 at [IQuitSugar.com](http://IQuitSugar.com).

To request an extract or review copy (stocks limited) please contact:

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About [IQuitSugar.com](http://IQuitSugar.com)

[IQuitSugar.com](http://IQuitSugar.com) is a health and wellness hub with information on quitting sugar, recipes and expert advice for anyone curious about giving up the white stuff and improving their lifestyle.

About Sarah Wilson

Sarah Wilson is a New York Times best-selling author, former editor of Cosmopolitan magazine and host of the first series of MasterChef Australia, the highest rating show in Australian TV history. You can find Sarah blogging at [SarahWilson.com](http://SarahWilson.com), bush hiking or biking through the streets of Sydney.

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