

Top Tips: Favourite family food blogs



In September 2015, parenting author and educator Maggie Dent put a post on Facebook asking for advice from her community on their favourite food blogs and sites to inspire others to cook easy, healthy, wholesome food.

DISCLAIMER: These tips are shared from our Facebook community – please [do your own research](#) when making choices for your family. We do not endorse the sites or links contained herein and trust that people will find things that suit them and their values and lifestyles ... Also please note we have left people's entries largely unedited so there will be imperfections in grammar and spelling.

The original Facebook post:

@maggiedentauthor

We had a question today from a mum who is struggling for inspiration to feed her sons (1 and 2) healthy food. As a child herself, her parents didn't cook much and she has grown up seeing food as a necessity rather than something to love and celebrate... something that becomes part of our memories. One of the benefits of living in this information age is there is so much inspiration out there... So Facebook community, we want to know WHICH FOOD BLOGS ARE YOUR FAVOURITE FOR INSPIRING YOU TO COOK EASY, HEALTHY, WHOLESOME FOODS FOR YOU AND YOUR FAMILY? (and the occasional 20% treat like Maggie's passion fruit sponge?). Over to you...

Responses

Emma Marlow

Not sure on blogs but try and get your kids into the kitchen to explore cooking together – she even made pork buns and spring rolls – then ate them because she made them. By getting her involved she eats so much more now!

Amy Strom

The one thing that completely changed my view on cooking was my Thermomix. I know they are spoken about to death & many people think they are just a fad & an expensive blender, but it truly did inspire a massive love for cooking (because it was so easy). Have totally saved the outlay on not eating expensive convenience foods over the last 3yrs.

Quirky Cooking & skinnymixers are great TM pages (can adapt to normal cooking).

Jennifer Coleman-Stone

'Gourmet Girlfriend' <http://gourmetgirl-friend.blogspot.com.au/>

is a mama of 5 boys and loves to cook, she wrote the best article yesterday about how when her boys were little and fussy she didn't sweat the small stuff when they didn't eat what she cooked, they just ate weetbix or boiled eggs instead for dinner-they grew out of that phase but dinnertime was always pleasant and not a battle like it is in many houses (including mine some days, oi really needed to read that)- her recipes are simple and delicious too...xx

Jess Fuller

Another tip is to search for Thermomix recipes of a recipe you like as they will often take the recipe back to the basics and it will explain how to cook it with real

food/whole foods. You don't need a Thermomix – you can use a blender or food processor and then cook on the stove.

Diana Guttridge

Definitely a Thermomix. I can hide a whole zucchini and half a head of broccoli in a lasagne. Menu plan and ask him what he would like and get him to pick one or two meals. Roasts are easy and yummy, meatballs, shepherds pie, crumbed chicken, steak, fish and salad, lamb cutlets, risotto. Experiment and let him help and help serve himself. Just expose him to lots of different foods and take him out for dinner when u can, especially to buffets where he can eat straight away and is exposed to and can try lots of different foods.

Marianne Steer

I am a child care educator and mother of 2 young adult boys. I now sell your Inspiration At home products party plan. They are preservative free, no msg, no additives etc. Involve the children in making the meals, select in season, we offer recipes and ideas for easy meals and snacks.

Damien Lacey

Leave ur children into the Kitchen. Let the mess be the least of ur worries. Mine did put posters in the street telling everyone we had a cake sale at Our House . Go Ciara Murphy. What an entrepreneur now. Crying by the way as she saw her sister for first time in two years .Go Girls London and Canada.

Kylie Nitz

When my little one got bored and fussy we started to grow our own food and suddenly it was exciting again

Emma Watton

Dinner doesn't have to be hot. I find if I put a big platter of pick – your – own pieces of carrot, cucumber, celery, avocado, capsicum, tomatoes and a dip in the middle then the kids will chow down. Combine it with a bit of protein – home made chicken strips, sausages, meatballs or even cold meat and you have a great dinner with no cooking! Sharing the platter is fun for kids and they get into it quick so they don't miss out.

Ronnie Tobias

My children I gave avocados to mix with Greek yoghurt ,blueberries, fruit plate, baby bell cheese, coconut poppers fruit juice into them .now my daughter has done the same with her girls they love all there food she never give them process food.

JoAli Wheeler

I must say I look to the staples that my mum and dad have cooked us for years, like spag Bol, chow mien, sausages and veg

Natalee Mac

We start them early in the kitchen here, my youngest is 3 and they all love to help in the kitchen.

Kally Mack

My autistic son wouldn't eat anything. I invested in a thermomix and remake all his favorites with hidden meat and veges. I am one very happy mummy. The first time I cooked silverside he ate 4 serves I almost cried.

Kylie Bl

Thank you – I love to cook but I struggle with inspiration for feeding my 3 year old who will try everything we put in front of him but not like most of it. Has his favourites, so I cook them a lot, but I do get bored and over it. Loves going out for yum cha! If he had dumplings ever day, he'd be happy, ha ha ha! Will follow this post for more ideas.

Jo Jones

My kids love everything !! And the spicier the better, one of their faves is beef wanton soup

Samantha Joseph

Stop buying packets and jars and make food from scratch. You'll cut out additives and preservatives and can control the amount of fat and sugar.

Laura Hand Davis

Raw Food

Cookbooks: Blogs/ other digital links

<http://www.bakeeatlove.com.au/>

<http://www.essentialkids.com.au/recipes>

<http://www.kidspot.com.au/kitchen/>

Natalie Hudson

Super Healthy Kids <http://www.superhealthykids.com/> just made the chicken noodle soup last night and kids loved it...also SuperYam and

Friends <http://www.superyamandfriends.com/>

She's just written a fab book and is an ambassador for Jamie Olivier – she too has a great soup recipe and the book really engages kids about healthy eating

Hannah Reddcliffe

Or my other fave is One Handed Cooks.

<http://onehandedcooks.com.au/#1YgmOPmksPPdJtJ5.97>

There's a magazine or a website. Basically easy healthy recipes you can make with one hand because you're balancing a baby on your hip Every recipe I've tried has been successful and been eaten in seconds. Definitely recommend.

Sonja Topping

For the younger years I loved the Annabel Karmel cookbooks full of easy, nutritious & child friendly food. <http://www.annabelkarmel.com/recipes>

I also always find Woman's Weekly cookbooks easy & never fail. <http://www.australian-womens-weekly.com/catalogue>

Good luck with the food journey, I find it is always changing in our house x

Caitlin Young Lorincz

Dinner a love story blog <http://www.dinneralovestory.com/> (& book!) & the kitchen for some basics. Smitten kitchen & joy the baker blogs <http://joythebaker.com/> for more adventurous items.

Liz Mendygral

Jamie's 30 minute meals and 15 minute meals

<http://www.jamieoliver.com/recipes/category/books/jamie-s-15-minute-meals/#HjAf3Kzb5dRQO1gT.97>

are simply, quick and delicious. They also use the things you may have already in your pantry <http://www.jamieoliver.com/recipes/category/books/jamie-s-30-minute-meals/#4GBUV4p3hOxlketE.97>

Sinead Duncan

My brother bought me a Jamie Oliver cook book which helped in the early days but then last year I went to one of his courses. Such fun and great value. His simple healthy cooking is great even for someone who doesn't even like to touch certain foods. PS. My kids eat fabulously – I'm rather proud to say!

Anna Loader

I love I Quit Sugar book, Against All Grain book and Stay Strong Mummy blog, <http://staystrongmummy.com/category/nutrition/>

I do not eat paleo or completely gluten free, but love eating real, whole foods

Nicky Argenta

The Bikini Cookbook recipes are amazing, healthy and absolutely delicious!!

<http://thebikinicookbook.com/wordpress/>

Have a look on the website and check out the free recipe cards and give it a go!

Emma Smith-Coad

This book is great...it feeds the whole family. Something For Everyone by Louise Fulton Keat <http://www.louisefultonkeats.com/books/something-for-everyone>

Jalna Hampton

100 Days of Real Food book <http://www.100daysofrealfood.com>
& Well Nourished.com.au <http://wellnourished.com.au/recipes>

Candice Caruana

My 3 boys and I love "Wholefood Simply", <https://wholefoodsimply.com/>
most of our snacks come from here. <https://www.facebook.com/wholefoodsimply>

Emma Crauford

Hi Maggie, I'm Emma, mum of 3 gorgeous boys. I have a degree in Food & Nutrition and love to cook, but have found feeding my family challenging at times. To help family and friends, I started a blog www.cookfasteatslow.com which is where I share recipes for quick, simple, healthy food for busy families. My aim in starting it was to inspire and encourage 'non cooks' to give cooking a go and to help them realise it doesn't have to be hard to feed your family well.
cook fast eat slow inspiring you to cook simple, fast and fresh

Bec Goodwin-Parry

I find menu planning the easiest way to budget and find yummy good things to cook. Our girl chooses one meal a week which she would like to try and hubby chooses three for the weekend (Fri, Sat, Sun) and he cooks it. Coles and Woolies magazines are our saviour, they're free and there's something for everyone. I usually share my plan over at Because Everything Counts <http://because-everything-counts.blogspot.com.au/> and photos of what we cook. I also co founded a group for lunchbox ideas for kids [Lunchbox Mums](#) where we share fun, healthy lunches. Get the kids involved and teach them a life lesson.
Have fun x

Amy Strom

Quirky Cooking <http://www.quirkycooking.com.au>
/ & skinnymixers are great Thermo Mix pages (can adapt to normal cooking).

Emma Maxwell

One handed cooks – <http://onehandedcooks.com.au/#QHps22G3yUlvEOHg.97>
written by mums and titled one handed cooks as generally got a Bub or toddler wanting something with the other hand whilst your cooking – so true
<https://www.facebook.com/onehandedcooks>

Sinead Duncan

Please see if Jamie Oliver's Ministry of Food is in your area. I have a fear of food and limited diet which I had to seriously control when I had kids to be able to feed them correctly. My brother bought me his cook book which helped in the early days but then last year I went to one of his courses. Such fun and great value. His simple healthy

cooking is great even for someone who doesn't even like to touch certain foods. PS. My kids eat fabulously – I'm rather proud to say!

<http://www.jamieoliver.com/jamies-ministry-of-food-australia/>

Our mission is to empower, educate and engage as many people as possible to love and enjoy good food.

Lu Oliver

<https://cookingupthepantry.wordpress.com/2015/09/03/slow-roast-leg-of-lamb-with-chilli-and-herb-marinade/>. Check out cooking up the pantry! A blog by an amazing cook who also happens to be a mum of 3boys! Easy, family friendly cooking.

<http://www.bodyandsoul.com.au/kids+health/healthy+kids+recipes/>

Kristen Pavez

I'm a mum of two fussy eaters & I now teach busy mums (& dads) how to make healthy, delicious & easy meals, snacks & sweet treats. Have a look

at <https://www.facebook.com/healthfultreats> or

www.healthfultreats.com.au [http://www.healthfultreats.com.au/](http://www.healthfultreats.com.au) for my blog & recipes.

Rhonda Vang

Jules Clancy at <http://thestonesoup.com/blog>. She's Australian, and an expert at making quick, easy and healthy meals! The recipes are simple and easy to follow. Every recipe is followed by options for making the recipe glutenfree, vegetarian, etc. She has also written a book of recipes called 5 Ingredients, 10 Minutes. Can't get much easier than that! Oh, and she also has a toddler son, so knows about making food appealing for kids.

Jess Fuller

Alexx Stuart is amazing. Simply amazing. <http://alexstuart.com/>

(Alexx Stuart Real Food and Low Tox Living). I am currently doing her course Thrive – Raising Kids Who Love Real Food. Alexx is PASSIONATE about kids and real food. You don't even have to do one of her courses – she posts awesome recipes and tips all the time on her page/blog. Another tip is to search for Thermomix recipes of a recipe you like as they will often take the recipe back to the basics and it will explain how to cook it with real food/whole foods. You don't need a Thermomix – you can use a blender or food processor and then cook on the stove.

Mary Ann Smilovitis

I post recipes on my blog that are tried and tested on my 3 boys (1 who is a VERY fussy eater). You can find me over at <http://www.mummymotivation.com/category/food/>

Jessica Byrne

I look up muffin recipes on www.taste.com.au ... My son is 2 and we like to make lots of muffins together. So easy to make and there are so many flavours to try. He pours all the ingredients into the bowl (and on the bench, eggs on the floor...but thats ok as it is

teaching me to take a breath and not get cranky over spilt milk lol) and then he stirs. He likes to put all the muffin papers into the tray. They also freeze well...with every batch we do some mini muffins to freeze and take to playgroup to share. Now off to get some new ideas, so much inspiration.

Nicole Fleming

<http://www.slowcookercentral.com/recipe>

slow cooker recipes are great especially when your busy with children & life in general
Slow Cooker Central

Bernadette Littlewood

Quirky cooking <http://www.quirkycooking.com.au> and wholefood simply.

<https://wholefoodsimply.com/>

We are dairy, gluten and soy free too, but some great inspiration on these for everyone. .

Emma Croager

I'm a new Mum & have recently discovered One Handed Cooks. I like it because it's written by 2 Mums and one of them is a dietitian so I trust the advice.

<http://onehandedcooks.com.au/>

One Handed Cooks – Inspiring people to cook beautifully simple, healthy food for their children.

Ollie Fleay

Ellyn Satter's book Secrets of Feeding a Healthy Family may be a useful resource. http://www.ellynsatterinstitute.org/store/index.php?route=product/product&product_id=50 and the Australian Healthy Food Guide magazine is always good for inspiration.

Natalie Hudson

Super Healthy Kids <http://www.superhealthykids.com> just made the chicken noodle soup last night and kids loved it..

Hannah Reddicliffe

Veggie Smugglers! <http://www.superhealthykids.com/>

Brilliant ways to sneak veggies into all your favourites. Beetroot brownies, veggie packed spag Bol and meatloaf and stir frys. My son loves them all.

Romilly Jane Laws

<http://carrotsticksandcravings.com> written by my friend, who is a busy mum of 3 and is extremely passionate about food!

Katie McGregor

This post is great! I've just been introduced to some fantastic new pages - I'm always looking for inspiration for my 10 1/2 month old as well as me and hubby.

One Handed Cooks website and magazines are definitely my go to -

www.onehandedcooks.com.au

I also like Super Healthy Kids

Hayni Tumbas

I refer to One Handed Cooks all the time www.onehandedcooks.com.au

They have wonderful, healthy, EASY and quick recipes for babies, toddlers and older kids. And they are the kind of recipes that you can involve your kids in making. All of their recipes are tested in their kitchens and rated by users.

Kelly Morrow

I don't have kids but I love Cyndi O'Mera's website for heaps of healthy recipes,

<http://changinghabits.com.au/healthy-recipes>

and also Teresa Cutters website is great too.

<https://www.thehealthychef.com/category/recipes/>

The Nourished Psychologist is good too, she tests all her recipes on hers kids!

<http://www.thenourishedpsychologist.com/>

Rebecca Spratt

Cut out the Crap – Colette is inspiring & has 4 kiddies of her own!

<http://www.cutoutthecrap.com.au/>

Caitlin Young Lorincz

Dinner a love story blog (& book!) & the kitchen for some basics. Smitten kitchen

<http://www.cutoutthecrap.com.au/>

& joy the baker blogs for more adventurous items.

Kate Tonkin

Some great common sense food advice to be found here. Check out the recent post (with sheep video) about nature and instinct, and growing up without a cooking parent

<https://www.facebook.com/realfoodrealyou> - Real Food Real You

Emma Truscott

The Gluten and Dairy Free Bakehouse has many yummy treats and healthy dishes for people with Coeliac Disease and dairy

intolerance. <https://www.facebook.com/TheGlutenandDairyFreeBakehouse?fref=ts>

The Gluten & Dairy Free Bakehouse

Simone Harding

Such an important topic!

I'm an Early Childhood Teacher, health foodie and Mum. I started my blog, 'The Little Nourishing Kitchen' over a year ago to provide delicious gluten, dairy and sugar free recipe ideas for families.

Check it out at <http://thelittlenourishingkitchen.com/>

My green bulk bread is a big hit with kids...

<http://thelittlenourishingkitchen.com/2015/01/14/green-veggie-slice/>

The Little Nourishing Kitchen

Authentic, REAL food to nourish your whole family.

Bonnie Allen

Taste.com.au is a great library of recipes you can search by ingredient, cuisine occasion. They also have lunch box, quick and easy etc. <http://www.taste.com.au/>

Sue Spiker

I find has some fabulous recipes <http://www.claireturnbull.co.nz/category/recipe>

Claire Turnbull

My blogs, articles, books, events and programs have been created to help you how to eat well, take care of yourself and live a life that you love.

Cath Laird

I have used many recipes from <http://www.123nourishme.com.au/> especially to give my son nutrient dense foods as he has eating issues.

Jess Clayton

Pinch of yum! <http://pinchofyum.com/>

So many ideas. I also just love trawling through taste.com

Julie Hopf

Lisa Corduff <http://lisacorduff.com/in-the-kitchen/>

small steps to wholefoods online program is AMAZING! I have a 1 & 3yr old & it has helped our whole family. It basically teaches you how to eat REAL food, simply, in small steps (which is good for kids). Can't recommend it enough!!

Rebecca Lubansky

<https://livelighter.com.au> has good, easy and healthy recipes

Keri Notelling

Shannon's Kitchen <http://shannonskitchen.com/about/> FB page not only are there some good healthy recipes she is a hoot very good laff and probably not for those that

are very easily offended and she has a beautiful way with words. (LANGUAGE WARNING ON THIS ONE)

Beck Cyrus

Wholefood advocate, Masterchef contestant and beautiful heart...

<http://www.kirawestwick.com.au/#sthash.3PtCfQrY.dpbs>

Kira Westwick's Blog – Improve your families health

Kira Westwick is a dedicated mother, wife and business owner. She combines her love for family, food, and her passion and knowledge for living a healthy and fit
kirawestwick.com.au ·

Nuzy Harul

I love www.taste.com.au because I can just type in the names of ingredients I have in the cupboard and search for recipes that are easy to follow and rated by other users

Recipes, recipes and recipes – Taste

40,000+ free Recipes from Australia's top recipe writers, all categorised into easy-to-navigate recipe collections on Australia's #1 Recipe site.
taste.com.au ·

Sandy Panitz

Love a site called myfoodbook, <http://myfoodbook.com.au>

need to pick and chose what suits you, and definitely get the children involved.

Sonia Rose

<http://www.superhealthykids.com/20-teeny-tiny-healthy-changes-that-your-kids-won-t-even-notice/> And the taste website.

20 Teeny-Tiny Healthy Changes that Your Kids Won't Even Notice

Focusing on small changes not only will be more acceptable to your family, but also have a greater impact because they'll be sustainable.

superhealthykids.com ·

Phuong Thai-Schirripa

Cooking4kids on Facebook. So many easy and yummy recipes and if you're stuck for ideas then the community on there are so helpful in suggesting ideas!

Sonia Donaldson

<http://lisacorduff.com>

<http://naturalnewagemum.com/recipe-index/>

<http://mamacino.com>

<http://brendajanschek.com/category/recipes-nutrition/>

Anna Pullman

<http://www.foodprepsundays.com> is perfect for you mumma!

This isn't your typical meal prep site which has photos of 20+ plastic containers filled with meat and veg (although, that is a great way to plan your week if you don't mind the repetition) and it's also not a glam...

Bethan Winn

[Loulou Zoo](http://loulouzoo.com.au/about/) <http://loulouzoo.com.au/about/>

blog has great recipes and ideas for kids and lots of simple, sugar free recipes

Sonja Moors

Teresa Cutter (The healthy Chef) <https://www.thehealthychef.com/>

High Energy Parenting (fruit based) <http://highenergyparenting.com/>

<https://www.facebook.com/HighEnergyParenting>

Well Nourished <https://www.facebook.com/WellNourishedAU?fref=ts>

Anna Loader

I love I Quit Sugar book , Against All Grain book and Stay Strong Mummy blog

<http://staystrongmummy.com/>

I do not eat paleo or completely gluten free, but love eating real, whole foods

Vicki O'Neill

We love the following:

Vegie Smugglers <http://vegiesmugglers.com.au/>

123 Nourish Me <http://www.123nourishme.com.au/>

Wholefood Simply <https://wholefoodsimply.com/>

Donna Hay <https://www.donnahay.com.au/>

Sadaf Kalim

Visit my friend's website for healthy options <https://sacredchef.wordpress.com/>

or visit her FB page Sacred Cooking by [Madhu Seth](#)

Top Posts Gluten and egg free chocolate cake Banana Stem Juice Superfood green chutney Winter Sesame Truffles Gluten free fermented Buckwheat pancakes

Kel Flett

Nutrition guru and the chef <http://www.thenutritionguruandthechef.com>

Priscilla Swift

<http://ohsheglows.com/categories/recipes>

Shannon Phillips-Martin

Stay at Home Mum has some great family recipes

<https://www.stayathomemum.com.au/>

Deanne Blake

I follow a Thermomix group called "Skinnymixers", <http://skinnymixers.com.au/>

it has some great meals, and everyone raves over how their kids love them. Might be worth a try, even without a thermie

Katrina Hunter

<http://www.recipetineats.com/>

Recipe Tin Eats. Hands down my fave food blogger. She makes amazing foods, loads of different cuisines and some 15 minute meals which really do take only 15 minutes!

Mel Allsopp

nom nom paleo has easy yummy stuff even if you are not into pale it is easy simple and healthy stuff to follow. see <http://nomnompaleo.com/>

Paleo recipes and more from New York Times bestselling cookbook author Michelle Tam!

Ashleigh Taaffe

Cooking for Busy Mums Facebook group. <http://www.cookingforbusymums.com/>
I'm a terrible cook and have had a really good track record with this blog

Sandra Maynard

Healthier, Happier

It's a Queensland Health website <http://healthier.qld.gov.au/>

Cassie Lethlean

Well nourished is AWESOME! <http://wellnourished.com.au/recipes/>

Tania McMurtrie

<http://a-better-you-cooking-school.myshopify.com/>

A Better You Cooking School specialising in healthy Raw and Paleo food

Anna Williams

<https://www.facebook.com/cooking101learncreateinspire>

Cooking 101- Learn Create Inspire <http://www.cooking101.com.au>

Tweedy Rex

I love Yummily! <http://www.yummily.com/>

On phone app and computer. Many recipes will need to be converted from F to C for oven temps, but that's easily done through Google!

Katrina Burgess

Taste <http://www.taste.com.au/>

Emma Dixon

Try Ngala website. Theirs 'tasty toddler' workshops
<http://www.ngala.com.au/course/Parenting-Workshops/Tasty-Toddler>

Ileen Forbes

www.facebook.com/atableavecmaya
A table avec Maya <http://www.atableavecmaya.com/>

Nat Talia

Join little bento world FB page , great ideas
<https://littlebentoworld.com/>

Jalna Hampton

100 Days of Real Food book <http://www.100daysofrealfood.com/>

Natasha Rozentals Yorke

'Healthy families on a budget' Facebook page has some great ideas.
<https://www.facebook.com/HealthyFamiliesonaBudget>

Megan Williams Jones

@Nadia Lim <http://nadielim.com/>
@Donna Hay, @Jamie Oliver – all have great healthy tasty foods.

Anna Robinson

Bonnie Delicious Blog! <http://bonniedelicious.com/>

Kristie Lovett Secourable

Well nourished <http://wellnourished.com.au>

Gemma Butchers

<http://www.familyfreshmeals.com/>
Family Fresh Meals – Easy Meals For The Whole Family

Janet Beck

<https://www.facebook.com/fyf20quid> had loads of ideas off here really active and supportive followers too.
Feed your family for about £20 a week.

Lisa Fisher

That sugar film Facebook page has awesome yummy recipe
<https://www.facebook.com/thatsugarfilm?fref=ts>

Linda Tammen

My slow cooker is so great!

www.facebook.com/groups/SlowCookerRecipes4Families/

Slow Cooker Recipes 4 Families – www.slowcookercentral.com

Kate Clare Stirling

www.weareconsciouslife.com - Conscious Life organic whole foods, recipes, ideas and inspiration.

www.petite-kitchen.com

www.mynewroots.org

Michelle Brazier

[Real Food Real You](http://RealFoodRealYou.com) is definitely a favourite!

Evey Ruth

Forever Nutrition blog is amazing! <http://forever-nutrition.blogspot.com.au/>

Michele Chevalley Hedge

<http://myfamilywellness.com.au/>

My Family Wellness – A Low Sugar Lifestyle program

Not Paleo Perfect or Quit Sugar extremes! Nutritionist APPROVED for busy families who want to get healthy, eat clean in an easy and tasty way. Recipes & Personal support.

Jocelyn Green

<https://hungryhungryhippies.wordpress.com/>

<http://www.hungryhungryhippie.com/>

<http://www.bakeplaysmile.com/>

Jane Bigelow

Check out Additive Free Kids <http://www.additivefreekids.com.au/>

Home – Additive Free Kids

Additive Free Kids – Coaching families to an additive free lifestyle to reduce the symptoms of ADHD, asthma, behavioural issues and more.

additivefreekids.com.au

Shadia White

My friend writes this

<https://www.facebook.com/CookerAndALooker>

<http://www.cookerandalooker.com/>

And it is totally awesome and funny and everything is delicious!!

Cooker and a Looker

Evelien Heyning- Schiereck

My New Roots: Weekly recipes for delicious food that happens to be good for you – by Sarah Britton. <http://www.mynewroots.org>

Mandy Gambier

Great recipes here and lots of lunch ideas
<https://www.facebook.com/Mylovelylittlest>
<http://mylovelylittlelunchbox.com/>

Anita Conroy

[Tania Hubbard – Gluten Free Grain Free Co](http://www.glutenfreegrainfree.com.au/) is definitely a MUST HAVE in the house.
<http://www.glutenfreegrainfree.com.au/>
Just launched a new book called Abundance, and it is fantastic for school lunch boxes too.

Fiona Molloy

The Sweet Potato Blogger
<https://www.facebook.com/thesweetpotato.net>
<http://www.caseys-wholesome-kitchen.com/>

Sharyn McAdam

Elana's Pantry also really great dinner options
<http://elanaspantry.com/>

www.maggiedent.com

Facebook, YouTube,
Soundcloud, Instagram: /maggiedentauthor
Twitter: @queenofcommonse

Maggie Dent
quietly improving lives