

JOIN OUR 5 DAY FREE BREAKFAST CHALLENGE!



Hey did you just catch us on The Cafe?

to join our challenge and grab your free Healthy Breakfasts For Busy Parents eBook!

Are you up for a challenge? Our

is coming next

week 3 July!!

For all the attention on lunchboxes I believe the key to healthy eating for children is a nutritious breakfast.

Or more to the point I've no doubt that so many issues in kids and fussy eating health trace back to having breakfasts high in sugar and of low nutritional value. Think standard store bought cereals and breads.

If breakfasts are something you struggle with for fussy kids or lack of ideas then sign up to our next challenge. We'll check out the best and worst cereal & bread options, dairy and non dairy alternatives, quick and easy breakfast ideas for busy parents and more: