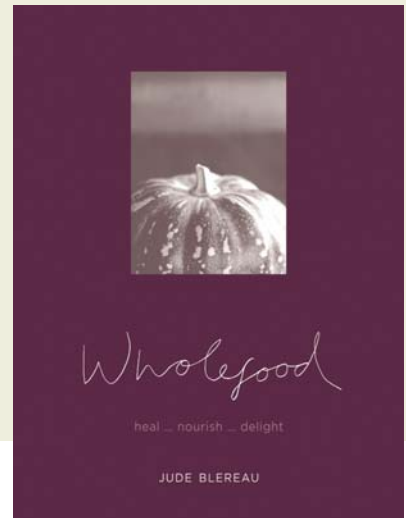


Wholefood

Jude Blereau

Title	Wholefood
Author	Jude Blereau
ISBN	1740457471
Imprint	Murdoch Books
Binding	Paperback with large flaps
Extent	352 pages
Dimensions	230 x 190mm
Word count	77,500
Photographs	Chapter openers and spreads
Recipes	125
RRP	\$39.95
Release Date	March 2006



Description

Wholefood invites readers into the world of real food, with an emphasis on the goodness of fresh natural produce and how to adapt your cooking and eating habits to encompass it.

The book takes a holistic approach, focusing on the benefits to both the mind and body that whole foods have to offer. Written in an easy and unintimidating style, it offers a realistic, practical 'one step at a time' approach to embracing the world of organic and macrobiotic cooking.

Sales Points

- Delicious whole food recipes, with dairy and gluten free classifications
- Vegan and vegetarian recipes
- Comprehensive guide to food groups, such as whole grains, and how to use them
- Helpful advice on ingredients, their uses and benefits to health and wellbeing

Author profile

Jude Blereau is a natural foods expert who has been involved with the organic and whole foods industry for approximately 15 years, teaching and food coaching. In 2001, Jude founded the Whole Food Cooking School in Perth.

Her focus is on helping people learn about good food – what it really is, where to get it and how to use it - and to provide the tools and information needed to make healthy eating a part of everyday life.