

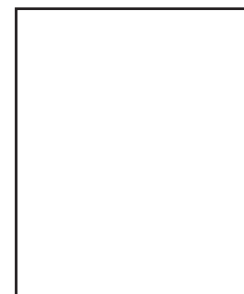
ABOUT THE AUTHOR

Food writer Loukie Werle is food editor of *Good Medicine, House & Garden*, and contributor to *Australian Table*. She has created many successful cookbooks, including *Australasian*

Ingredients, *The Low Fat Cookbook* in association with the National Heart Foundation, *Saffron, Garlic and Olives*, *Balls* (with Lyndey Milan), *Trattoria Pasta*, *Recipes My Mother Gave Me*, *The Trattoria Table* and *Splendido! The Best of Italian Cooking*. She has also edited several Victor Chang Cookbooks.

Australian Ingredients, which has sold over a million copies worldwide, won the Bronze Award at the World Food Media Awards (Best Food Book), and the Best Reference Book in the 1997 International Cookbook Revue Awards.

Loukie's monthly cooking classes, given in her Sydney kitchen, have achieved legendary status since they began in 1998.



Fresh, healthy and inspirational, this great new cookbook from the Heart Foundation takes what's best in healthy cooking and adds a dash of excitement. With over 50 mouth-watering recipes and over 100 pages of fabulous pictures, it's a book that will become one of your all-time kitchen favourites.



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real food

Loukie Werle

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real food

Healthy * Delicious * Easy to Prepare



Loukie Werle

Real Food is the new cookbook you've been waiting for. Developed by the Heart Foundation in response to countless requests, it has commonsense health information, together with fabulous recipes that are practical and easy to prepare.

There are over 50 stunning recipes here, from fresh ideas to family favourites, proving that good food doesn't mean you have to compromise on taste, healthy doesn't mean boring, and food information needn't be confusing. You'll also find dozens of tips to make your time in the kitchen easier.

Real Food provides practical heart health information, answers to commonly asked questions about food, and alternative methods and ingredients for healthy cooking. Every recipe has a complete nutritional analysis.