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Hay seasonal recipes all
beautifully put together
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Books

Donna Hay is an
Australian food stylist,
author, and magazine
editor. Her food, recipes
and styling focuses on
basic ingredients, simply

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many messages about
what to eat more of and
what to eat less of and
what to give up
altogether, it can all get
a little confusing and,
let's face it,
overwhelming. When
there are so ma

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Donna Hay is a household name. She is editor-in-chief of her own magazine (that 's reached more than 730,000 readers) with a digital version that 's been the number one of its kind in Australia. In addition, her food range is stocked in

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Hay
supermarkets nationally.
She is also the working
mum of two beautiful
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Australia's most trusted home cook is celebrating a fresher approach to eating.

Life in Balance by Donna Hay - Cole's Books

I ' ve been a fan of Donna Hay for a long time. I like her fresh approach to food, her simple recipes and the gorgeous food styling

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Hay and photography. Her new book ' Life in Balance ' is a cook book that uses wholefood ingredients and aims to provide healthier recipe ideas from breakfast through to dinner, as well as a few sweet treats and desserts. Donna Hay isn ' t into food rules or diets, and I love that about her.

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'Life in Balance' by
Donna Hay - a review -
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LIFE IN BALANCE is
about embracing food
and all its benefits. Each
chapter, from breakfast

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to baking, has simple recipes enriched with nature's superfoods - think leafy greens, bright fresh berries, creamy nuts and nourishing grains. Plus, I've profiled all my power pantry staples for you, like chia seeds, coconut sugar and raw cacao.

Life in Balance: Donna

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In Australia, her recent books have dominated the bestseller charts, with *Fresh and Light* (2012) selling 202,000, *The New Classics* (2013) selling 160,000, *Life in Balance* (2015) selling 114,000 and *Basics to Brilliance* (2016) selling 106,000 copies to date.

Donna Hay is a

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Hay household name. She is editor-in-chief of her own magazine (that's reached more than 730,000 readers) with a digital version that's been the number one of its kind in Australia.

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She is editor-in-chief of
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When there are so many
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Hay more balanced
approach to fresher,
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Life in Balance

:HarperCollins Australia

About the Author At the age of eight, Donna Hay skipped into a kitchen, picked up a mixing bowl and never looked back.

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where she established her trademark style of simple, smart and seasonal recipes all beautifully put together and photographed.

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