



truth, lies & chocolate by Julie Meek cuts through the misinformation on food and nutrition out there like a chainsaw through a lamington with 99 Facts and Fairytails. Her matter of fact, informative writing style is welcomed in these days of fads and nutritional half-truths. Lovingly illustrated by local artist Natalee Poli. Available through good bookshops and kitchenware shops. truthliesandchocolate.com