



lisa lintner
a recipe for life

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‘Farmers Bring In An Expert’

In addition to an abundance of local spring produce at the Wauchope Farmers Market tomorrow, a well known expert on cooking for diabetes and athletes will be present. Lisa Lintner specializes in cooking with fresh and organic produce as well as developing low Glycaemic Index (GI) recipes.

Tomorrow she will be available to discuss food and cooking between 9am and 10am. Working for the past five years with Professor Jennie Brand Miller to create international best seller books, she has also developed the recipes for general health and fitness.

The New Glucose Revolution and The New Glucose Revolution Life Plan have sold two million copies worldwide. Lisa has also written her own books and has worked with authors Bryce Courtenay and Dr Hosen Kiat. She has also been involved in food coaching classes and dairy-free cooking for children.

“I am really looking forward to speaking with local producers and the local people”, Ms Lintner said. “Organic foods and locally produced foods are what I love working with when cooking.”

The markets are at the Wauchope Showground and are held once a month from 8am until noon.