



lisa lintner
a recipe for life

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‘Low Gi Expert At Farmers’ Market’

In addition to the fabulous array of local spring produce available at this Saturday’s Hastings Farmers’ Market, Ms Lisa Lintner, well known expert on cooking for diabetes and athletes will be present.

Lisa has been working over the past 5 years with Professor Jennie Brand Miller on her international best seller books ‘The New Glucose Revolution’ and ‘The New Glucose Revolution Life Plan’.

Lisa created and developed the low GI recipes throughout the books for diabetics and athletes, as well as for general health and fitness. These books and related NGR booklets have sold over 2 million copies worldwide.

‘Vegetables – A Taste of the Country’ was Lisa’s first book, followed by work with Bryce Courtenay on ‘The Family Frying Pan’, and ‘EastWest Medical Makeover’ by Dr Hosen Kiat.

Lisa’s books have been so successful that they are currently out of print, but if you have already purchased one and would like it signed at the Market, Lisa would be delighted to do so.

The Vaucluse House Tearooms became Lisa’s first restaurant in the late 1980’s with many weddings, picnic hampers for the gardens, children’s birthday parties and book launches held in the grounds of historic Vaucluse House.

Alternatively you may wish to discuss food and cooking in general with Lisa. She will be present between 9am – 10am.