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Hay

About the Author
At the age of eight,
Donna Hay skipped
into a kitchen,
picked up a mixing
bowl and never
looked back. She
moved to the world
of magazine test

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Hay
kitchens and
publishing, where
she established her
trademark style of
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Donna Hay is an Australian food stylist, author, and magazine editor. Her food, recipes and styling focuses on basic ingredients, simply prepared and beautifully photographed hallmarks of her work which have

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for food publishing
worldwide and
inspired a Librarian
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My trusted home cook is celebrating a fresher approach to eating. These days we're bombarded with so 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,

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overwhelming.
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household name.
She is editor-in-

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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 supermarkets nationally. She is also the working

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beautiful boys.

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Hay
Most trusted home cook is celebrating a fresher approach to eating.

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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

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gorgeous food
styling 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

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Hay 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 is about embracing food and all its benefits. Each chapter, from breakfast to baking, has simple recipes enriched

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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.

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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,

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Life in Balance
Hay (2015) selling
114,000 and Basics
to Brilliance (2016)
selling 106,000
copies to date.

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

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Balance Donna Hay

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Donna Hay is a household name. She is editor-in-chief of her own

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When there are so many passing fads and extreme diets out there, it's a relief to turn to a voice of reason,

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Australia's
bestselling and
most trusted cook,
Donna Hay, for a
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sustainable and
more balanced
approach to
fresher, healthier
eating.

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:HarperCollins
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About the Author

At the age of eight, Donna Hay skipped into a kitchen, picked up a mixing bowl and never looked back. She moved to the world of magazine test kitchens and publishing, where she established her trademark style of simple, smart and

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Seasonal recipes all
beautifully put
together and
photographed.

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