BLOOD SUGAR

Quinoa & healthy living

My everyday recipes from the Blood Sugar series

Blood Sugar: Quinoa and Healthy Living is a collection of the best wholegrain recipes from Michael Moore's bestselling *Blood Sugar* recipe books. Eating healthy has never been easier with this delicious list of recipes and exciting quinoa dishes.

With stunning photography and diabetes carb counters, stop eating processed foods and start getting some wholegrain goodness with Michael Moore's easy-to-follow recipes. You'll soon be facing the challenge of living with diabetes and maintaining good health head on.

From early and simple beginnings in the UK **Michael Moore** started out in some of London's best restaurants, including the *Café Royal* and *45 Park Lane*. His first job in Australia was in Kables, and from there he moved to become head chef at *Pruniers* in Woollahara, *Bonne Femme*, *Wildfire*, Group Director of Food for *Sofitel Hotels and Resorts Australasia* and consulting Director of Food at the *Sydney Opera House*. Michael enjoys travelling and had a long standing relationship as guest co-host for *Fresh Cooking* on Channel Nine. He is the owner of the *O Bar Restaurant* in Sydney.

Michael has been reported on and his recipes have appeared in newspapers, radio and magazines such as *Vogue Entertaining & Travel, Luxury Traveller Magazine*, *Gourmet Traveller*, *O.K! Magazine*, *Woman's Weekly*, *Woman's Day* and *Foxtel Magazine*.

Michael is a committed charity supporter, as Ambassador Chef for *The National Breast Cancer Foundation* and as a supporter of *The Sydney Children's Hospital Foundation* and *St. Vincents' Hospital Foundation*.

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