

UNWIND

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Your mid-week dose of lifestyle and culture from the Clarence and beyond



This chocolate zucchini cake has a carb count of 5grams.

PHOTO: CONTRIBUTED

Carbing out a new year

LOSING weight is the number one new year's resolution and, as history tells us, the one you are mostly likely to fail at, but there is a tasty recipe book that may help change your mindset and put it on the path to forming lifestyle changing eating behaviours.

The Carbs by Numbers recipe options features an exciting array of recipe ideas beautifully presented in an easy to use cook book with an extended nutritional panel for every recipe.

All the recipes in the book have carb counts of 15g or less per serve and are perfectly suited to the increasing number of people who are looking for low carb

recipe ideas.

A national 2014 study by the Grains & Legumes Nutrition Council states that there has been a 30 per cent fall in carbohydrate consumption over the past three years, which demonstrates the demand for a book such as this to be published.

Every recipe has the following information: energy – kilojoules and calories, protein, total fat, saturated fat, cholesterol, carbohydrate, sugars, dietary fibre, vitamin C, total vitamin A, sodium, potassium, calcium and iron. This easy-to-read extended nutritional panel is a major feature of the carbs by

numbers series of recipe option books.

All the recipes are colour coded according to the level of carbohydrates per serve: 0-5g carbs is colour coded green, 6-10g carbs is colour coded blue and 11-15g carbs is colour coded magenta.

The book makes carb-conscious meal planning easy. For example, four seed crackers (1g) with guacamole (1g) followed by pork and sage rounds with cauliflower mash (4g) and finishing with tiramisu (7g), adds up to a meal of just 13g of carbohydrates.

The 112-page book with a full colour photograph for every recipe includes options that many low-carb followers may not expect to find such as crunchy granola, Japanese pancakes, tiramisu, pizza and chocolate cake. The recipes are also gluten free.

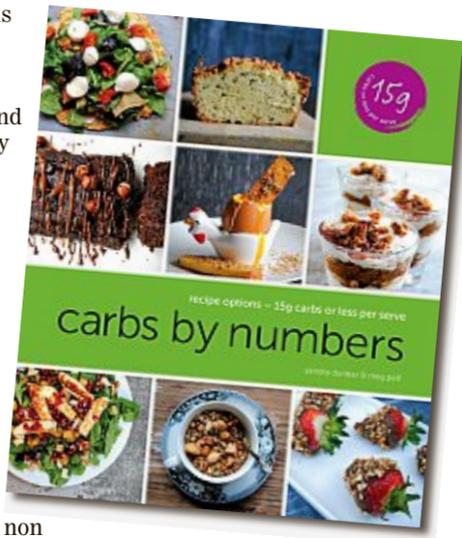
There's a good cross section of hot and cold recipes, vegetarian and non

vegetarian, and all are family-friendly. All the ingredients are readily available at supermarkets.

Inside Carbs by Numbers are recipes for:

- loaves
- breakfast
- lunch
- salads
- soups
- mains
- desserts
- sauces, condiments and treats

Measurements are in metric with a detailed imperial conversion chart that covers dry and liquid measures along with an oven temperature conversion chart.



Carbs by Numbers recipe options – 15g carbs or less per serve by Sandra Dunbar and Meg Pell is available in softback (\$24.95RRP) from www.carbsbynumbers.com, as well as all good retail book stores, both online and in-store. The eBook (\$9.95RRP) can be purchased from iBook or Kobo either direct or through the website.

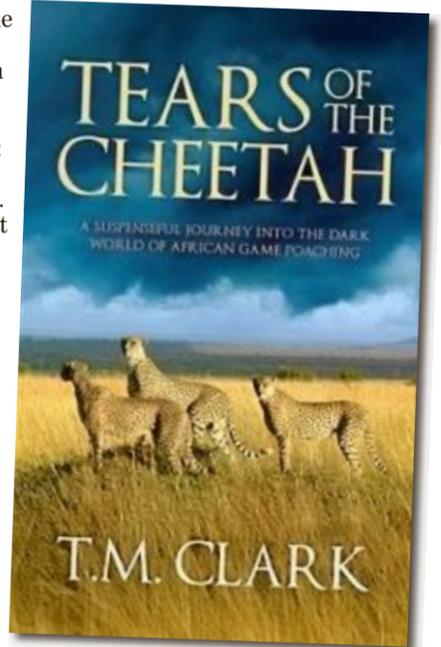
BOOK GIVEAWAY

Love in the wilderness

MACKENZIE came to South Africa to escape the trauma of her past and build herself a bright new future: love is the last thing on her mind. But she's finding it increasingly hard to ignore her feelings for the strong-minded Cole, who runs the game reserve for cheetahs just outside her town. Cole has made no secret of his feelings for her, but he realises that Mackenzie cannot be rushed so he is prepared to wait.

However, neither could have predicted the terrifying events that are about to overtake them. When Cole saves Mackenzie from a vicious attack, it is only the beginning of an ever-spiralling maelstrom of violence.

Someone is decimating Africa's cheetah population, and when the poaching threat comes to their door, Mackenzie and Cole have only one option: they must fight to save the animals and life they love.



THIS WEEK'S BOOK

Title: Tears of the Cheetah
Author: TM Clark
Publisher: Harlequin
Price RRP: \$29.99

Set against the magnificent backdrop of the South African landscape, Tears of the Cheetah is a vivid and thrilling portrayal of Africa and its people.

WIN

UNWIND has a copy of this book to give away. To enter, fill out the coupon and tell us which continent this novel is set on. Send your entry to The Daily Examiner office in Grafton. Competition closes 12pm on 19/1/16. Winner will be drawn at 12:05pm on 19/1/15 at The Daily Examiner office, 55 Fitzroy St Grafton. Winner's name will be published in the Unwind section of The Daily Examiner on 20/1/16. Total prize value \$29.99. For full terms and conditions visit www.dailyexaminer.com.au/competitionterms. Promoter: The Daily Examiner Pty Ltd ACN: 000 006 959

WIN TEARS OF THE CHEETAH

Name:
Address:
Phone:
Answer:

The winner of last week's book, *Buying Thyme*, is Tony Ensbe of Grafton. Books can be collected from The Daily Examiner office in Grafton.

BARGAIN HUNT

THE summer specials just keep coming from Grafton Shoppingworld, check out this week's specials:

EB GAMES: Buy one get one free. Selected pre-owned stock only. Conditions apply. See instore for details.

STRANDBAGS: Back to School – Up to 40% off backpacks. Selected Styles only.

GOLDMARK: Huge

Summer Sale – Up to 60% off selected items. See instore for more hot offers.

PETS DOMAIN: 15% off all flea and tick treatments. Members only offer – Membership is free to join. Sign up today.

PAYLESS SHOES: Back to School – Buy one pair and get all other pairs 50% off. Storewide offer. Conditions apply.

WIN

For your chance to win one of two copies of Carbs by Numbers fill in the entry form and tell us what the book's maximum carb count in grams is. Send your entry to us at PO Box 271 Grafton 2460 or drop it into our office before 12 noon 19/01/16. Competition closes 12pm on 19/01/16. Winner will be drawn at 12:05pm on 19/01/16 at The Daily Examiner office, 55 Fitzroy St Grafton. Winner's name will be published in The Daily Examiner Public Notices on 20/01/16. Total prize value \$49.90. For full terms and conditions visit www.dailyexaminer.com.au/competitionterms. Promoter: The Daily Examiner Pty Ltd ACN: 000 006 959 NSW Permit No. LTPM/15/00760

WIN CARBS BY NUMBERS

Name:
Address:
Phone:
Answer: