

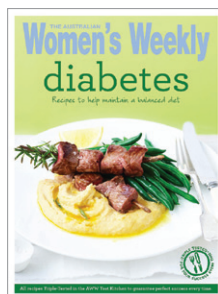
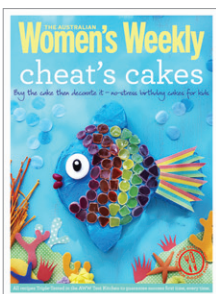
# Welcome

Welcome to a TRIPLE TESTED® 2014 publishing programme from The Australian Women's Weekly. Renowned for clear and easy-to-use instructions, inventive recipes, exceptional reliability and gorgeous illustrations, The Australian Women's Weekly is the world's best-selling cookery series with over 70 million copies sold.

We're all tempted to reach for the ready meals, but now more than ever it's impossible to know exactly what's in them and what they are doing to your body. Take back control of your diet with food that is fast, healthy and made from scratch.

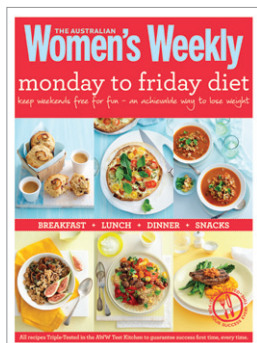
Fresh, fuss-free and fabulous meals can be found in *Fast, Fresh Vegetarian*, *Mexican*, *More Slow Cooking* and *Cook It Slowly*, and if you're really pushed for time, *Simple Shortcuts* reveals a few cheats that won't compromise on health or flavour. This is the year to embrace healthy eating with *Big Salads* and *Vegies*, and to maximise the goodness in your diet by loading up on *Superfood*. For January the *Monday to Friday Diet* will whip you back into shape after Christmas excess. Or you can follow the hottest food trend around with *2-Day Diet*, the best way to get weight off and keep it off – just ask its many converts. Meanwhile, *Baby Purées* ensures that all the family can benefit from fresh, nutritious, easy food every day, and *Diabetes* is perfect for anyone after low GI food and life-long healthy eating.

For some cheeky little treats we continue our tradition of creating spectacular birthday cakes that will wow every party with *Cheat's Cakes* and *Cupcakes & Cake Pops*, while *Best-Ever Brownies*, *Afternoon Tea Party*, *Nibbles*, *Christmas Cakes and Puddings*, and *Christmas Goodies* will keep your sweet-tooth satisfied the whole year long.



• NEW TITLES – ESSENTIALS •

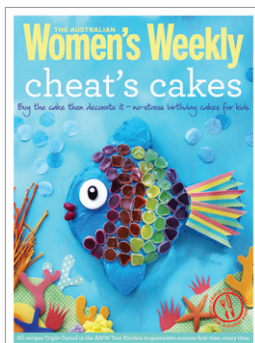
120 pp; 277 x 205 mm; pb with flaps; 23,500 words; more than 100 photos  
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**Monday to Friday Diet**  
 978 1 74245 428 3  
 January



**Simple Shortcuts**  
 978 1 90977 006 5  
 February



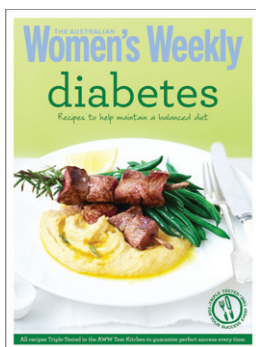
**Cheat's Cakes**  
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 March



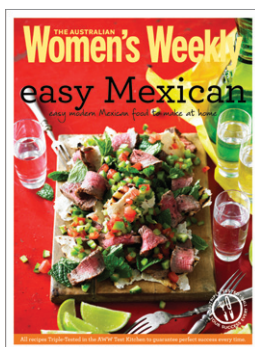
**Cupcakes & Cake Pops**  
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 May



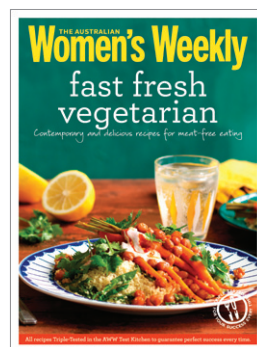
**More Slow Cooking**  
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 June



**Diabetes**  
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**Easy Mexican**  
 978 1 74245 432 0  
 August



**Fast Fresh Vegetarian**  
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 September

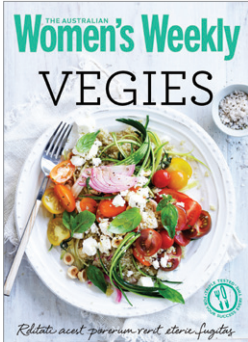


**Christmas Cakes and Puddings**  
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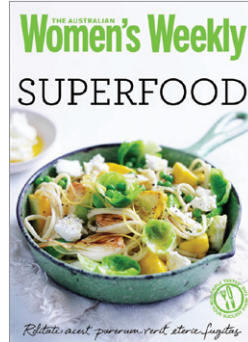
**Vegies**

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**Best-Ever Brownies**

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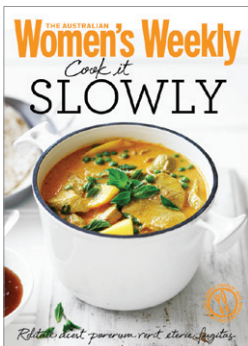
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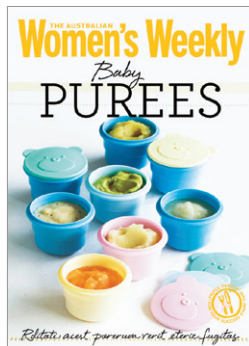
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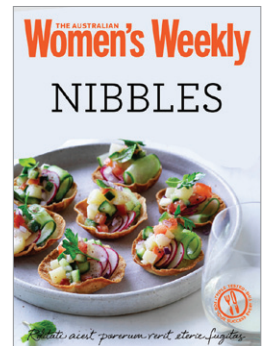
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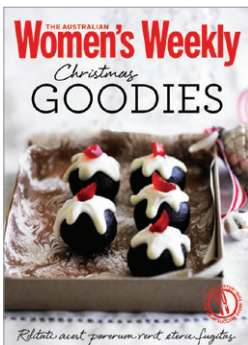
**Afternoon Tea Party**

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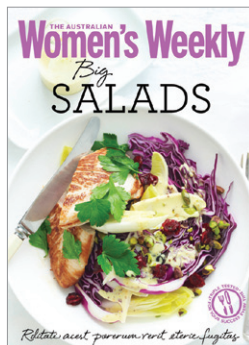
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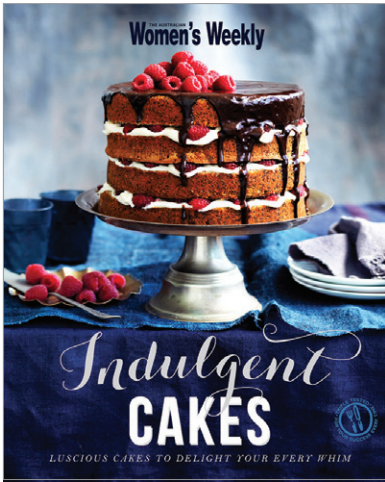


**Big Salads**

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November



# Indulgent Cakes



April

978 1 74245 475 7

288 pp; 280 x 235 mm

hb

£20 / CAN\$24.99

- Gorgeous cakes in a beautiful package make this the ultimate gift for bakers and lovers of sweet treats.
- With chapters devoted to Chocolate & Coffee, Oranges & Lemons, and Ginger & Spice, recipes include Flourless Chocolate Beetroot Cake, Chocolate Orange Mousse Cake, Pistachio and Lemon Curd Cake and Orange Semolina Cake with Rose Syrup.



# The Baking Collection



May

978 1 90977 011 9

352 pp; 265 x 212 mm

hb

£20 / CAN\$24.99

- This collection of recipes celebrates the time-honoured tradition of baking in all its forms. From simple to show-stopper, everyday to special occasion, there's a favourite treat for everyone.
- Classic and contemporary baking recipes, illustrated with exquisite photography and styling.
- The definitive baking cookbook.



## Retro Favourites



- Step back in time to the fabulous fifties and the golden age of home baking and the dinner party. Featuring classics with a twist, alongside pages from original cookbooks, this new collection traces our culinary journey from then to now.

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## The Big Book of Soups

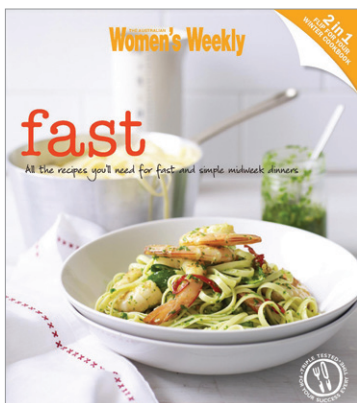
- The ultimate collection to create spectacular starters, reviving lunches and healthy fast suppers.



June  
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368pp; 217 x 170 mm  
flexibound  
£9.99

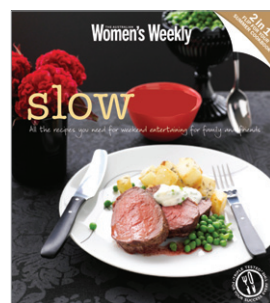


## Fast/Slow (flip book)

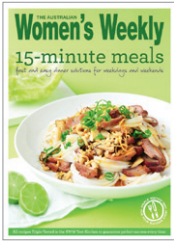


- The versatile cookbook for hectic weekdays and indulgent weekends, *Fast/Slow* does exactly what you want – gives all sorts of inspiration however pushed you are for time.

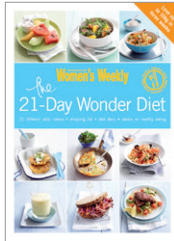
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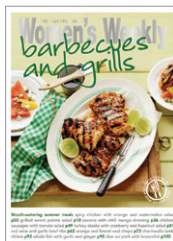
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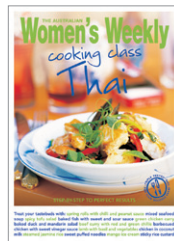
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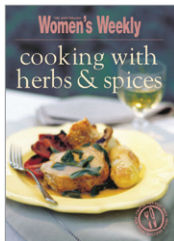
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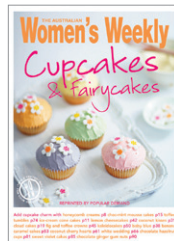
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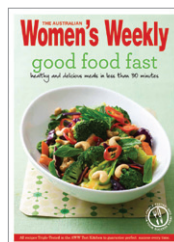
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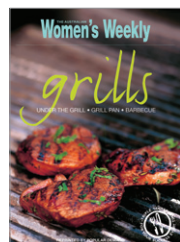
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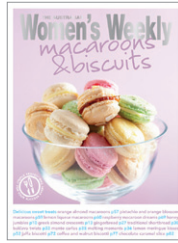
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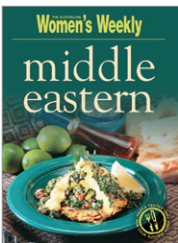
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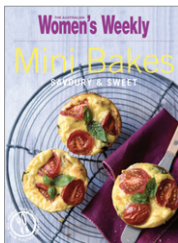
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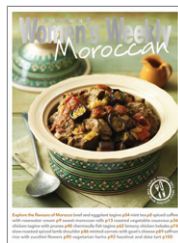
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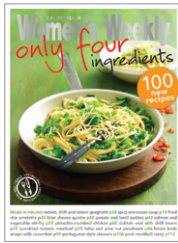
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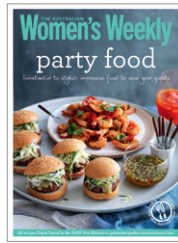
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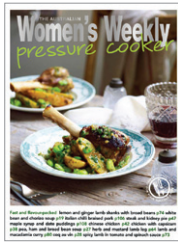
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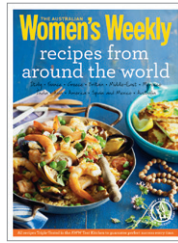
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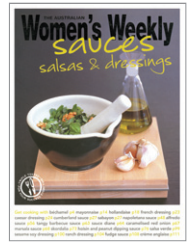
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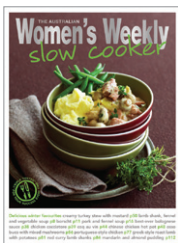
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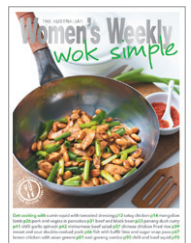
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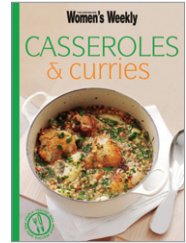
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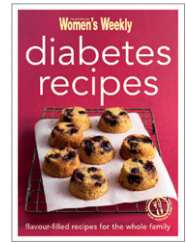
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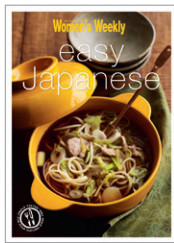
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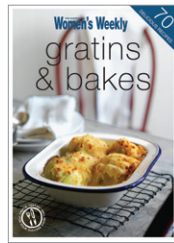
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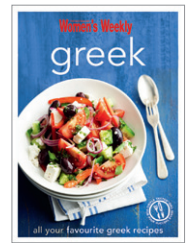
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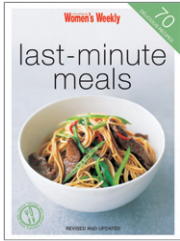
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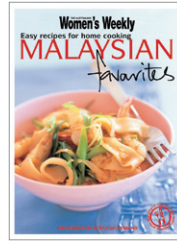
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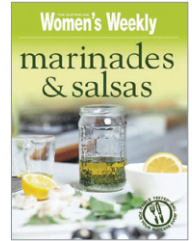
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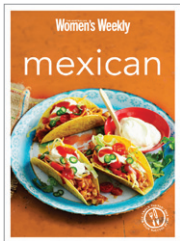
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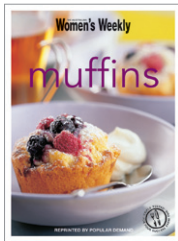
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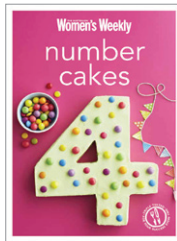
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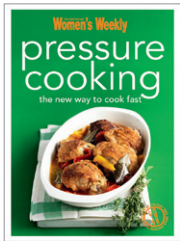
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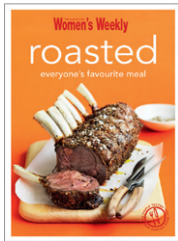
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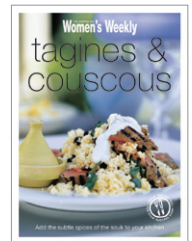
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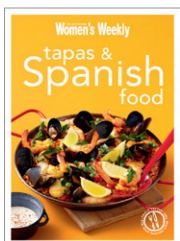
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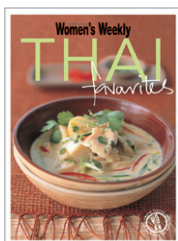
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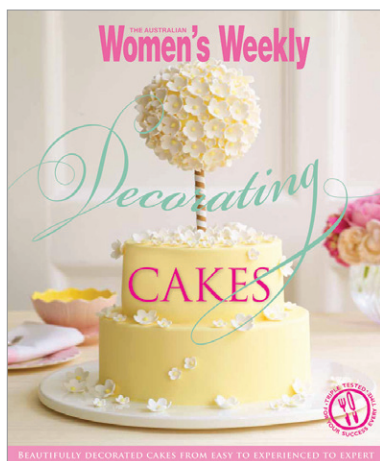


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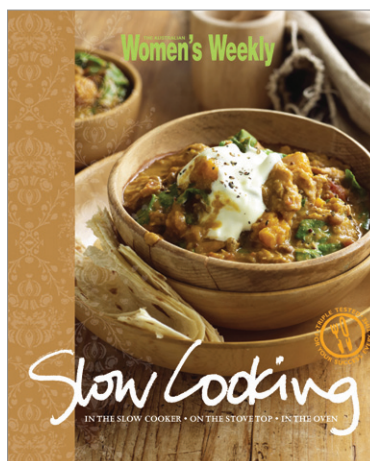
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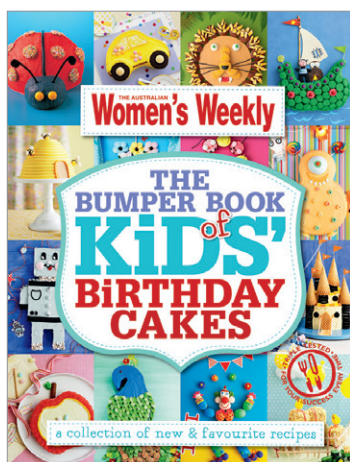
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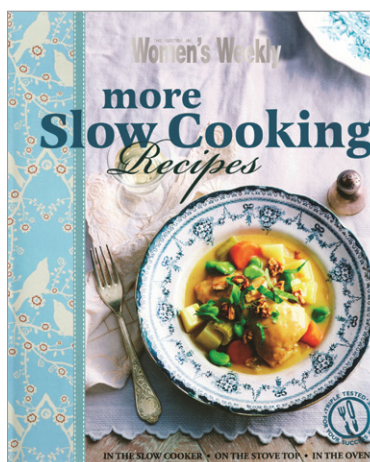
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