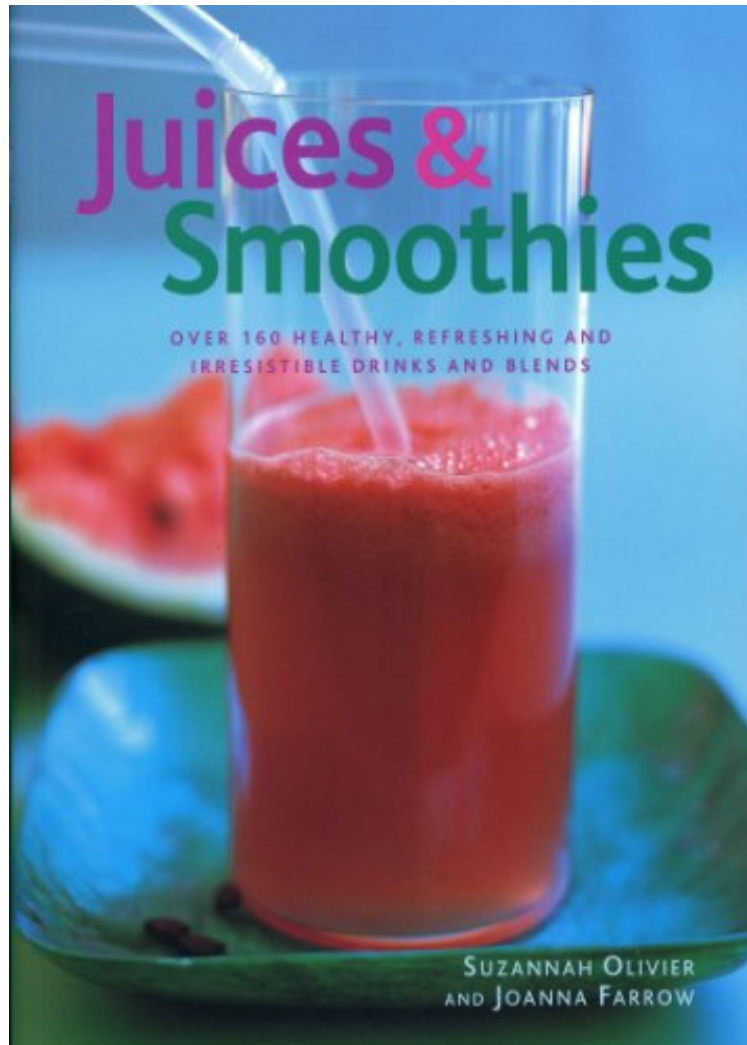


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About the Author Suzannah Olivier is a leading nutritionist and the author of many health books covering a range of subjects, including detox diets and breast cancer prevention. She writes regularly for the national press and magazines, and also runs her own health and nutrition website. Joanna Farrow worked as a food writer on women's magazines for several years. Since then, she has worked freelance, contributing articles to various magazines and writing a selection of cookbooks on a range of subjects. She has a particular interest in sweet and decorative desserts.