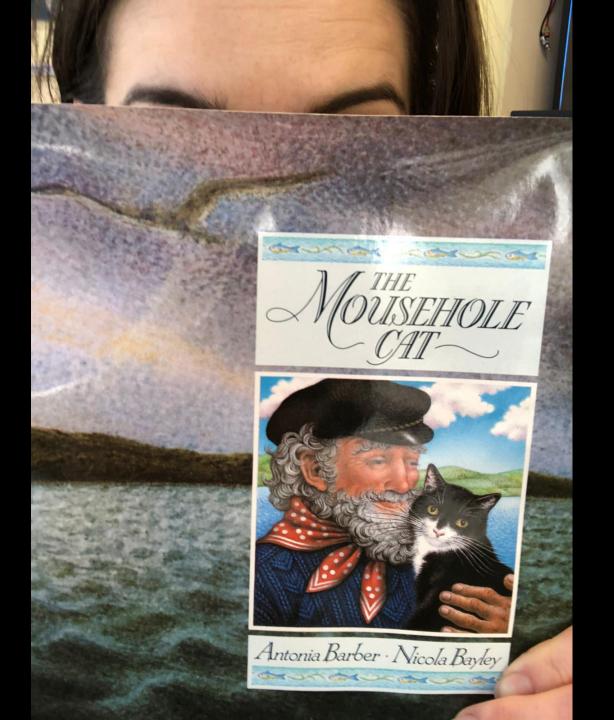


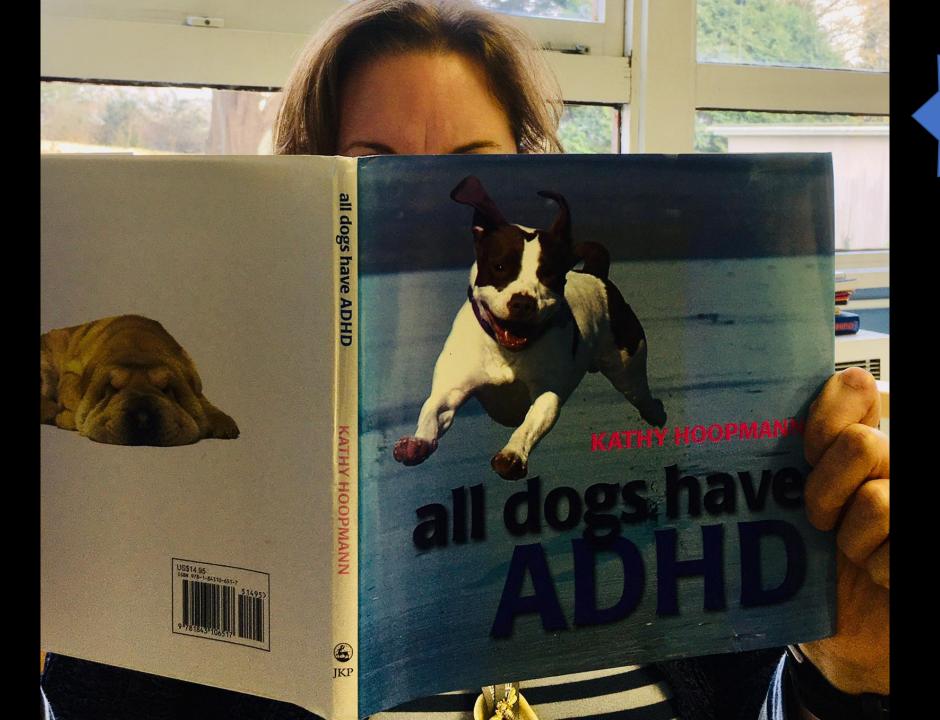
## World Book Day – Brunel's Secret Reader

Can you work out who the readers are?

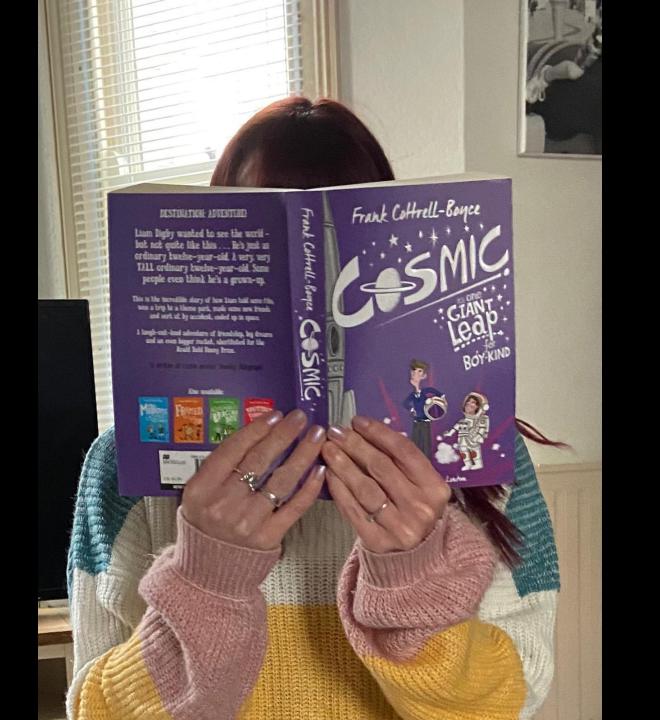
Prizes for everyone who can guess them all!

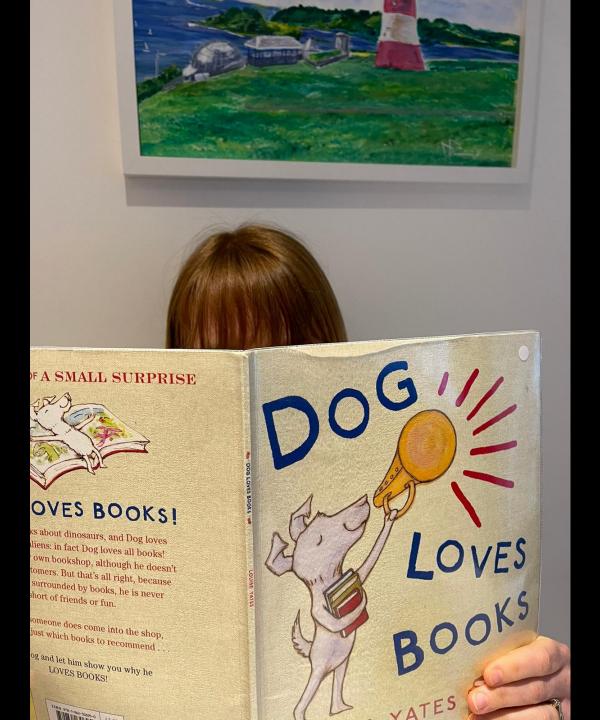
Click on each photo to hear the story or find out more about the topic!









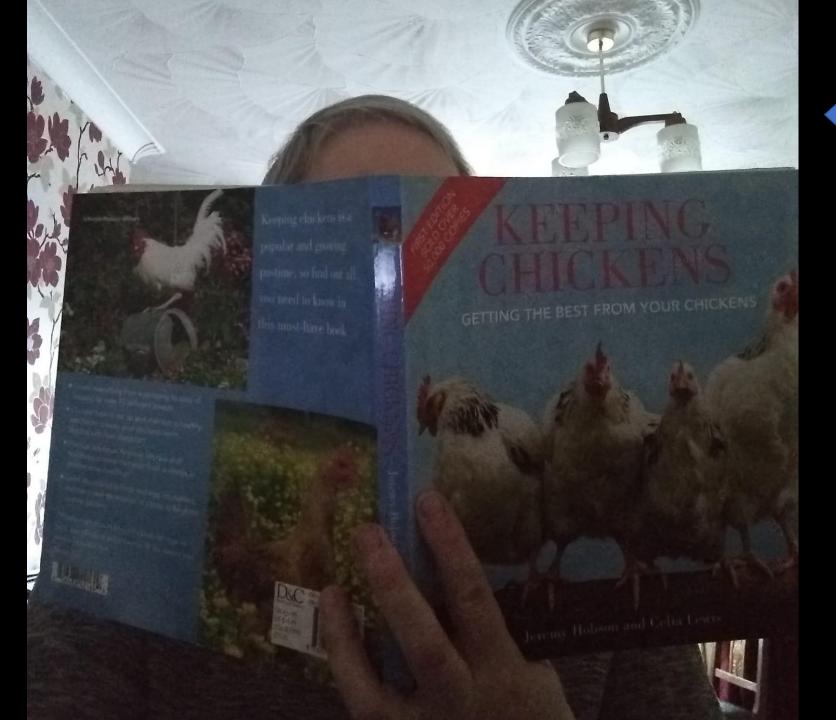


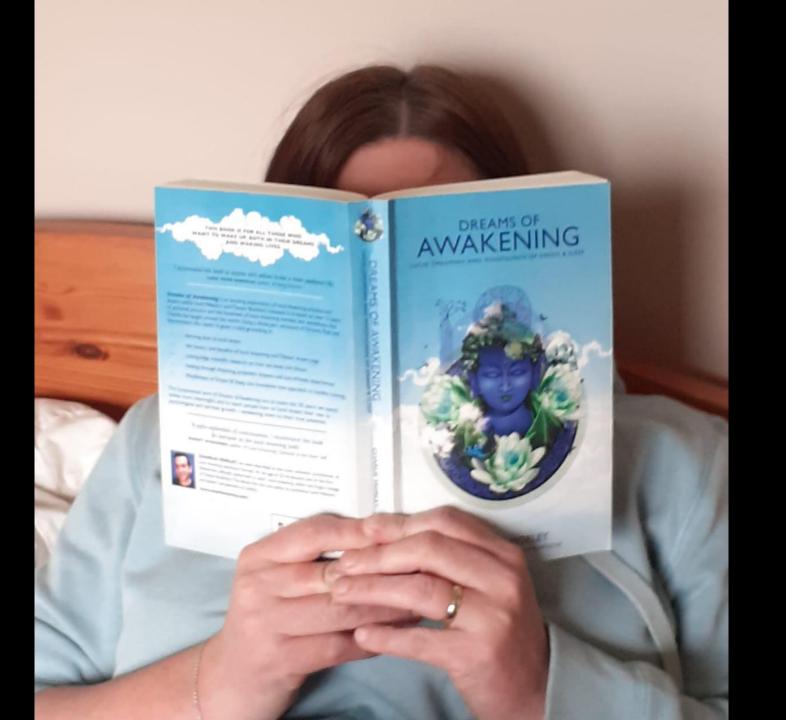


7

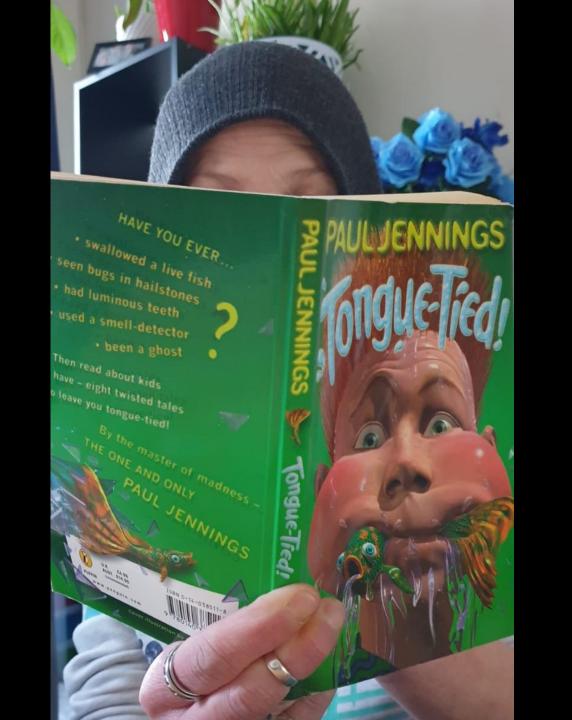


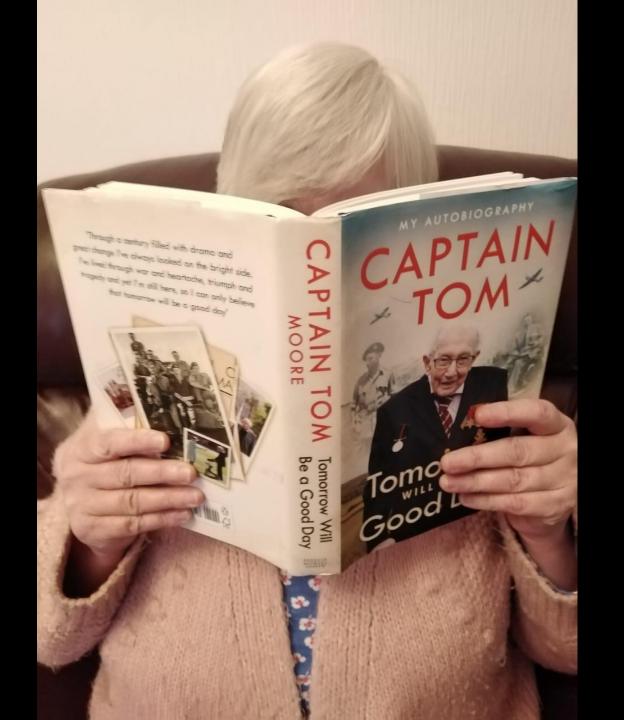


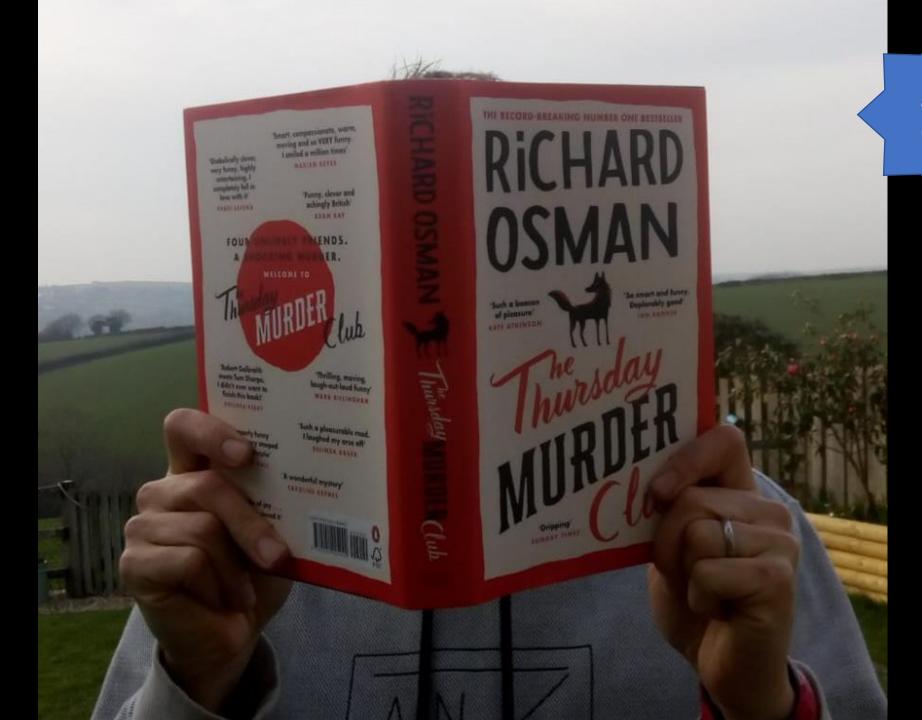














Who can resist a batch of beautifully iced cupcakes or a tray of warm brownies fresh tom the oven-2 Whether you are baking something special for a children's party or whipping up something simple for mid-morning coffee or afternoon tea, you are sure to find just the right recipie in this comprehensive collection.

Each chapter contains a mixture of old favourites and more adventurous creations, and suggests variations are contained.

and suggests variations you can try out to give your goodies a tasty new twist. With 1001 recipes to choose from, you're spoilt for choice. Recipes include:

Cupcakes, cakes and buns

Brownies, blondies and bars

Pastries, tarts and other treats

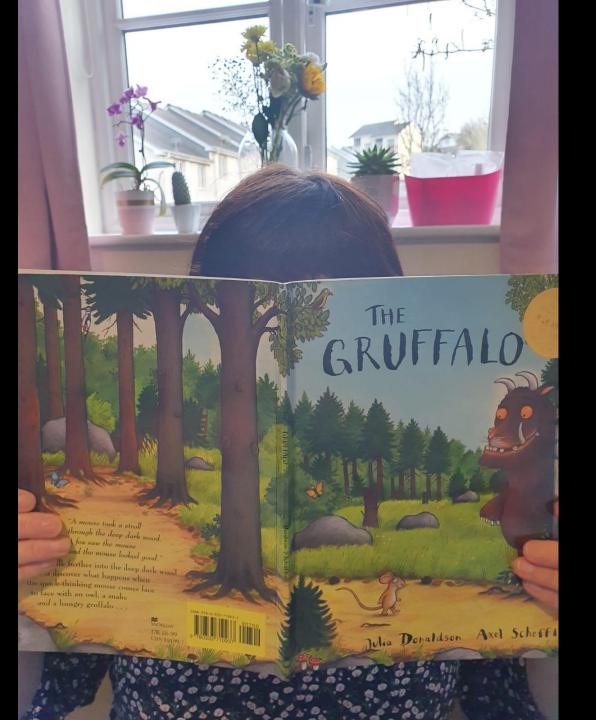
From jum doughnuts and chocolate chip cookies to chorizo muffins and chocolate coargette cupcakes, 1001 Captakes, Cookies & Other Tempting Treats has the perfect recipe for every occasion.

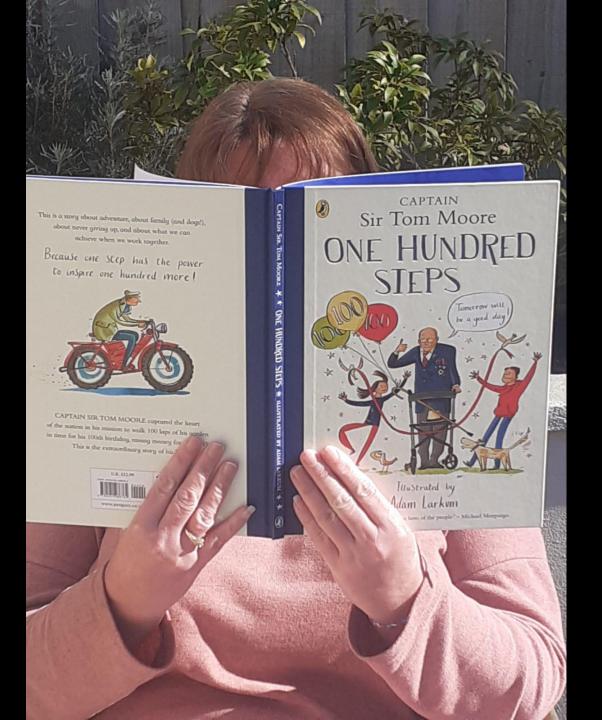


220.00

CUPCAKES, COOKIES & other tempting treats







## EAT MORE EXERCISE LESS LOSE FAT

Wicks, aka The Body Coach, reveals how to our body fat by eating more and exercising less.

here to rescue you from depressing low-calorie diets
I it will teach you how to fuel your body with the right food
so you burn fat, build lean muscle and never go hungry.

ures 100 recipes for nutritious, quick-to-prepare meals and rough Joe's signature Hill (High Intensity Interval Training) e workouts – revealing how to combine food and exercise to ignite intense fat-burning.



