

# LYNNE PARMITER BOWMAN

Author of **BROWNIES FOR BREAKFAST**

A Cookbook for Diabetics and The People Who Love Them

A **best seller on Amazon**, with a five- star rating and rave reviews, *Brownies for Breakfast* is **a cookbook you'll actually enjoy reading and using**. Frank, complete, simple: favorite sweets and comfort foods, reimagined as **whole food, plant-based, sugar-free, low-carb, dairy-free, gluten-free** classics. **Beautiful graphics and photos**, nutrition facts for every recipe, plus **a great, fun read**: one of the best cookbooks you'll have on your shelves whether you're diabetic, pre-diabetic, or just hoping to live long and prosper. Everything you need to know about sugar substitutes, dairy-free baking, no-carb thickeners, gluten-free options, plant-based protein, sleep, stress, shopping, equipping your kitchen, all in straightforward, no-bs language.



**Lynne has been featured at women's expos and retreats**

**throughout the country**, teaming with actress Deidre Hall to write and publish *Deidre Hall's Kitchen Closeup* (2010) and *Deidre Hall's How Does She Do It?* (2012). She's won national awards as a creative director for Silicon Valley companies, was Creative Director at E&J Gallo Winery, Advertising Manager at RedKen Laboratories, and freelanced for agencies in San Jose, Los Angeles, and New York. She has also worked as an actress, makeup artist, screenwriter, illustrator, legal journalist and television Weather Person. Lynne has three grown children, two absolutely perfect grandchildren, and is president of The Pescadero Community Foundation. She and her husband have a small farm on the coast of Northern California.

## Speaking/Workshop Topics:

- How to get rid of sugar forever
- Eating to live longer, better
- Family table culture and why it matters
- How food culture impacts the environment
- What fast food really costs you
- Preventing and reversing chronic disease
- Why beauty matters at the table
- "Waste Not, Want Not" Cuisine

## Get in Touch:

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