



One-armed mums cook up a storm



THE One-Armed Cookbook is a charity initiative dreamt up by three busy mums, who wanted easy and delicious recipes.

Brisbane mums Tara Castle, Sally Warren and Victoria Brown (**pictured above with their offspring**), meet regularly as part of an informal mothers group and share a passion for food, family and friendship.

"My son Jackson was born nine weeks early and spent eight weeks in hospital," Sally said. "We couldn't hold or cuddle him until he was 12 days old, which was heartbreaking, but the staff at the RBWH were so supportive and we really felt indebted to them.

"People from around the world have given their help freely to get this book published – it has been incredible to see the level of support this cause inspires."

Recipes donated by celebrities include international celebrity chef Gordon Ramsay's Hot Chocolate Fondant; Lorna Jane's Toasted Muesli; Sunrise Mel's Fruit Crumble and Kochie's Hello Dolly Squares.

The One-Armed Cookbook is priced at \$29.95 and is available from www.onearmedcookbook.com or by calling the RBWH Research Foundation during working hours on 1300 363 786.