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News Release

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Meet author Anine Grumbles

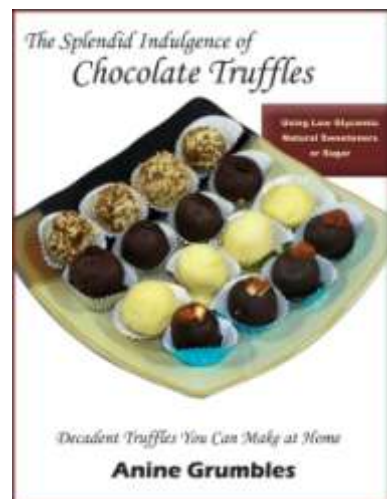
Rich chocolates for diabetic and low-glycemic diets

Healthy indulgences are her forte—Winlock author Anine* Grumbles has published her second book, “The Splendid Indulgence of Chocolate Truffles,” that shows how to make creamy, rich chocolates that melt in your mouth and features recipes that are safe for diabetics and low glycemic diets.

The author will chat with folks about the book as well as her writing and publication process at the Winlock Timberland Library on Saturday, February 13 from noon to 3 p.m. Copies of the book will be available for purchase and signing.

Grumbles has been making truffles for gifts and community fund-raising events for many years. Her first book, “Natural Winemaking at Home-Without Sulfites or Toxic Chemicals.” features easy-to-follow recipes developed from over 25 years of home winemaking experience. Grumbles has a bachelor’s degree in nutrition.

More information about the book is at www.sichocolatetruffles.com. Ms Grumbles also has a page on Facebook and writes a blog.



The Winlock Timberland Library is located at 322 1st Street. For more information, please contact the library at (360) 785-3461 or go to www.TRL.org.

* Anine is pronounced An-NI-na.

Timberland Regional Library provides for the information, reading and lifelong learning needs of the Grays Harbor, Lewis, Mason, Pacific, and Thurston county public at 27 community public libraries and 7 library service partner locations. The library system is funded mainly by local property taxes. Anyone needing special accommodations to participate in a library’s program may contact the library one week in advance.