

# soul kitchen: COOKING STAGE

TIME	FRIDAY	SATURDAY	SUNDAY
10:00AM - 11:00AM	<b>The benefits &amp; the effects of juice fasting</b> Andrew Kelly & Craig Jarman Kuvings	<b>Bring balance: stress less with superfoods</b> Nina Grootz & Alanna Brown The Grove	<b>Understand the healing &amp; nutritional power of Alkaline water</b> Zazen Alkaline Water
11:30AM - 12:30PM	<b>Gut magic foods that heal your thyroid &amp; gut</b> Kathy Ashton Flourish Nutritional Medicine	<b>The benefits &amp; the effects of juice fasting</b> Andrew Kelly & Craig Jarman Kuvings	<b>Bring balance: stress less with superfoods</b> Nina Grootz & Alanna Brown The Grove
1:00PM - 2:00PM	<b>Mozzarella cheese making</b> Valerie Pearson Green Living Australia	<b>Fermenting functional foods</b> Tom Rothsey Celestial Roots	<b>The benefits &amp; the effects of juice fasting</b> Andrew Kelly & Craig Jarman Kuvings
2:30PM - 3:30PM	<b>Fermenting functional foods</b> Tom Rothsey Celestial Roots	<b>Gut magic foods that heal your thyroid &amp; gut</b> Kathy Ashton Flourish Nutritional Medicine	<b>Living the Cocolife: whole-foods living &amp; the journey to a better you</b> Bernadette Favis Cocolife Australia
4:00PM - 5:00PM	<b>Food dynamics for weightloss: the taste &amp; flavour solution</b> Donna Wild Wild Donna	<b>Living the Cocolife: whole-foods living &amp; the journey to a better you</b> Bernadette Favis Cocolife Australia	<b>Gut magic foods that heal your thyroid &amp; gut</b> Kathy Ashton Flourish Nutritional Medicine

## recipe corner: DIY PEANUT BUTTER

### INGREDIENTS:

- 2 cups raw unsalted, shelled peanuts
- 1 tablespoon honey (optional)

### METHOD:

- Heat oven to 175c
- Spread peanuts in one layer on a baking tray.
- Roast for 20 - 25 minutes or until they smell peanutty and are lightly golden. Stirring occasionally.
- Allow to cool completely.
- Place cold peanuts in a food processor.
- Turn the food processor on and run for roughly 4-5 minutes. During this time, you'll see the peanuts go in stages from crumbs to a dry ball to a smooth and creamy peanut butter.
- Stir in the honey, transfer to a jar and enjoy!

