

soul kitchen



TIME	FRIDAY	SATURDAY	SUNDAY	MONDAY
10:30AM - 11:15AM	Food as medicine Sarah Leung Healthy Energy	Eat raw & eat more Andrew Kelly & Dan Freeman Kuvings	Eat raw & eat more Andrew Kelly & Dan Freeman Kuvings	Eat raw & eat more Andrew Kelly & Dan Freeman Kuvings
11:45AM - 12:30PM	Eating the best food for your body Martyna Angell The Wholesome Cook	Eating the best food for your body Martyna Angell The Wholesome Cook	Sweet potato pockets: Foods to heal the thyroid Kathy Ashton Nutritional medicine practitioner	Eating the best food for your body Martyna Angell The Wholesome Cook
1:00PM - 1:45PM	Wellness loading with superfoods: A digital detox Andi Lew	Wellness loading with superfoods: A digital detox Andi Lew	Wellness loading with superfoods: A digital detox Andi Lew	Wellness loading with superfoods: A digital detox Andi Lew
2:15PM - 3:30PM	Vegan food for life Mantra Lounge	Fermented drinks & smoothies Trupp Cooking School Team	Fermented drinks & smoothies Trupp Cooking School Team	Vegan food for life Mantra Lounge
4:00PM - 4:45PM	Sweet potato pockets: Foods to heal the thyroid Kathy Ashton Nutritional medicine practitioner	Food & fitness coaching Diana Tencic Body Be Well	Eating the best food for your body Martyna Angell The Wholesome Cook	Sweet potato pockets: Foods to heal the thyroid Kathy Ashton Nutritional medicine practitioner
5:15PM - 6:00PM	Go wild with Wildbag! Mona Matar & Liam Davies	Go wild with Wildbag! Mona Matar & Liam Davies	Go wild with Wildbag! Mona Matar & Liam Davies	Food as medicine Sarah Leung Healthy Energy

recipe corner: COCONUT FRUIT SMOOTHIE BOWL

INGREDIENTS:

- 2 cups frozen mango (or blueberries)
- 1/2 frozen banana
- 2 tbsp. lime juice + tsp. of zest
- 1/2 cup of frozen or fresh pineapple
- 2 cups coconut water
- Mint, bee pollen or raw cacao nibs (to serve)
- 1 x whole coconut, halved (optional, to serve)

METHOD:

- Combine all ingredients in blender until smooth
- Pour into serving bowl or coconut half
- Top smoothie with mint + bee pollen or raw cacao nibs
- Serve & enjoy!

