

soul kitchen: COOKING STAGE

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

