

SOUL *kitchen stage*

TIME THURSDAY FRI-YAY SATURDAY SUNDAY

11.00AM	JUICING WORKSHOP MASTERCLASS GARY DOWSE KUVINGS HEALTHY KITCHEN - STAND E11 -	NOURISH YOURSELF WHEN YOU HATE COOKING! DESIREE TAYLOR FREE YOURSELF HOLISTIC HEALTH COACHING	COMBAT A FATTY LIVER USING NUTRITION KATHY ASHTON FLOURISH NUTRITIONAL MEDICINE - STAND D68 -	JUICING WORKSHOP MASTERCLASS GARY DOWSE KUVINGS HEALTHY KITCHEN - STAND E11 -
12.30PM	EAT THE ALKALINE LIFESTYLE PENELOPE JAYNE & SEAN BEVERIDGE GLOBAL RECHARGE	JUICING WORKSHOP MASTERCLASS GARY DOWSE KUVINGS HEALTHY KITCHEN - STAND E11 -	NOURISH YOURSELF WHEN YOU HATE COOKING! DESIREE TAYLOR FREE YOURSELF HOLISTIC HEALTH COACHING	COMBAT A FATTY LIVER USING NUTRITION KATHY ASHTON FLOURISH NUTRITIONAL MEDICINE - STAND D68 -
2.00PM	NOURISH YOURSELF WHEN YOU HATE COOKING! DESIREE TAYLOR FREE YOURSELF HOLISTIC HEALTH COACHING	COMBAT A FATTY LIVER USING NUTRITION KATHY ASHTON FLOURISH NUTRITIONAL MEDICINE - STAND D68 -	JUICING WORKSHOP MASTERCLASS GARY DOWSE KUVINGS HEALTHY KITCHEN - STAND E11 -	NOURISH YOURSELF WHEN YOU HATE COOKING! DESIREE TAYLOR FREE YOURSELF HOLISTIC HEALTH COACHING
3.30PM	COMBAT A FATTY LIVER USING NUTRITION KATHY ASHTON FLOURISH NUTRITIONAL MEDICINE - STAND D68 -	JUICE, FAST, DETOX & HEAL WITH ALKALINE FOODS PENELOPE JAYNE & SEAN BEVERIDGE GLOBAL RECHARGE	EAT THE ALKALINE LIFESTYLE PENELOPE JAYNE & SEAN BEVERIDGE GLOBAL RECHARGE	JUICE, FAST, DETOX & HEAL WITH ALKALINE FOODS PENELOPE JAYNE & SEAN BEVERIDGE GLOBAL RECHARGE
5.00PM	EATING FOR BALANCE, INVIGORATION & BEAUTY ELIZABETH + MATT CHEEKY COCONUTS	EATING FOR BALANCE, INVIGORATION & BEAUTY ELIZABETH + MATT CHEEKY COCONUTS	EATING FOR BALANCE, INVIGORATION & BEAUTY ELIZABETH + MATT CHEEKY COCONUTS	EATING FOR BALANCE, INVIGORATION & BEAUTY ELIZABETH + MATT CHEEKY COCONUTS

SCHEDULE CORRECT AT TIME OF PRINTING. SUBJECT TO CHANGE.

APPLE & BEET *Bliss Balls*

INGREDIENTS:

- ✿ 1 cup oats
- ✿ 1 cup coconut
- ✿ 1/2 cup dried apple
- ✿ 10 medjool dates
- ✿ 2 tsp beet powder
- ✿ Juice of one lemon
- ✿ Pinch of salt

METHOD:

- 🍃 Place all ingredients in food processor and pulse until you can roll into balls.
- 🍃 If the mixture is too dry add a few more dates/lemon Juice. It depends on the stickiness of your dates and the juiciness of your lemons!
- 🍃 Store in an air-tight container or the freezer for a quick on the go snack!



BY ELIZABETH @CHEEKYCOCONUTS