

Amrutha

EAT BETTER, LIVE BETTER.

Raw Food Workshop Schedule

During this workshop the Amrutha Boys, Shyam & Arvind, will be showing you how healthy food can be Fun to prepare, Taste great and leave you feeling satisfied.

Healthy food doesn't mean you have to make any sacrifices or compromises.

The aim of this workshop is to provide you with the information and inspiration that you can use to create healthier meals for you and your loved ones.

09:30 – Meet and greet, (Everyone gets a Freshly-made, Cold Pressed Juice)

09:45 – Brief introduction on the benefits of eating Raw-Foods

10:00 – Green Smoothie Demo – The easiest way to incorporate healthy foods into your diet.

10:15 – Raw “Pad-Thai”, with Peanut Sauce – Simple to make, but tastes even better than the cooked version.

11.00 – Raw “Chocolate Fudge Brownie” with Raspberry Coulis –
No Wheat, No Flour, No Sugar, No Dairy...
But probably will be one of the best Brownies you've ever tasted.

11.30 – Goodbyes :)

This workshop will be conducted completely free of charge;
there will not be a hard sell at the end...

Just bring yourselves and prepare to have Fun while learning something that can be the catalyst to a renewed sense of Wellbeing.

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