



THE ART OF RAW FOOD

Eating more plant based food, especially raw, is like hitting the refresh button for every area of our life. Our bodies become cleaner and our minds brighter, as our meals become more interesting and delicious. Raw Food diet isn't just an approach to eating, it is the foundation that will help you look, feel, and be your best. You do not have to say goodbye to your comfort foods; I am simply encouraging you to add more of the good stuff.



About Shannon Lim-de Rooy:

Shannon is the author of Asian Raw Food Kitchen (MPH Group Publishing), food writer, cookery instructor and blogger behind Justasdelish.com. She specializes in healthy cooking classes with raw food and allergy-friendly recipes. Shannon has been featured on Asian Food Channel, NTV7, Huffington Post, Malaysian Women Weekly, and many more.

DEMO

DATE: **22 October 2016, Sat**

TIME: **10.30am—12.00noon**

VENUE: **RealFood, 1 Mont Kiara**

FOR MORE DETAILS, PLEASE

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