



CHOCOHOLIC HEAVEN

We often hear chocolate is good for us, but this is only technically true when it's in its raw form - without trans fats, sugar, dairy and other additives. Raw food chefs Peter and Beryn Daniel import the raw cacao bean into South Africa, and they are offering Chocolate Love workshops to show chocoholics how easy it is to satisfy your craving *and* claim the superfood benefits of chocolate. They'll show you how to make healthy and delicious chocolate milkshakes, mousses, cakes and more... Soaring Free Superfoods products are available at the Neighbourgoods market in Cape Town, or visit www.superfoods.co.za.