

CONSCIOUS CUISINE

*Inspiring you to create a healthy and
nutritious diet and lifestyle*

raw & fusion healthy food classes
private & groups
nutritional coaching
food education, meal planning
maid training & catering
corporate events/team building
recipe/menu upgrading for cafes

Our informative food classes will teach you how to select wholesome delicious ingredients and prepare healthy satisfying food for you and the whole family. We will introduce you to raw living foods as well as healthy cooked. Our food is gluten free, dairy free and low GI. We can show you how to make food that is unprocessed and ultimately very good for you.

Still Delicious, Now More Nutritious!

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Certified Holistic Living Food Chefs

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