

## Raw food Workshop

Bijgedragen door Alec Boswijk  
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every Friday & Wednesday\*from 14:00 -17:00 with raw food expert Izabela discover a new vitamin mineral rich kitchen learn how to create 8 delicious dishes, combining vegetables, seeds, nuts, fruits and fresh herbs in a nice setting and easy way upcoming events Christmas Creations &dash;- Savoury Sensations - Beauty Foods Delicious Desserts - Yummy Treats (for kids) &euro;50, including meal; sign up by before Thursday at [info@energieregie.nl](mailto:info@energieregie.nl) or in the shop Centrum voor Energieregie - Overtoom 409 - Amsterdam - 020 334 33 35