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JULY
SOFT



Hey best friends.

Hope your July landing was soft. We made it to the second half of the year. Euro 2024 is over. Congratulations to the champions, Spain! What a team. What a finish. What a season.

We are excited for the new 2024/25 PSL season. Our boys are still busy with pre-season training, and we are so ready to go back to regular programming. These are exciting times for South African football and sport in general. We also welcomed the new minister of Sports, Arts & Culture: Mr. Gayton Mckenzie. All the best to him and his team, as Sports Nutritionists, we are excited to see what the future holds for this beautiful industry.

The Paris Olympics have also just begun. We'll be cheering team SA on, as well as all the incredible athletes that reached this extraordinary milestone. The sport world keeps on giving, and we love that for us. We've had a delicious month of testing beautiful recipes, cooking a lot and of course eating. We did another beautiful campaign with LemonGold Seedless lemons. We had so much fun making two lemony recipes for our loved ones and sharing that with our followers.

We made a Lemon & Thyme Cake as well as Hummus to die for.

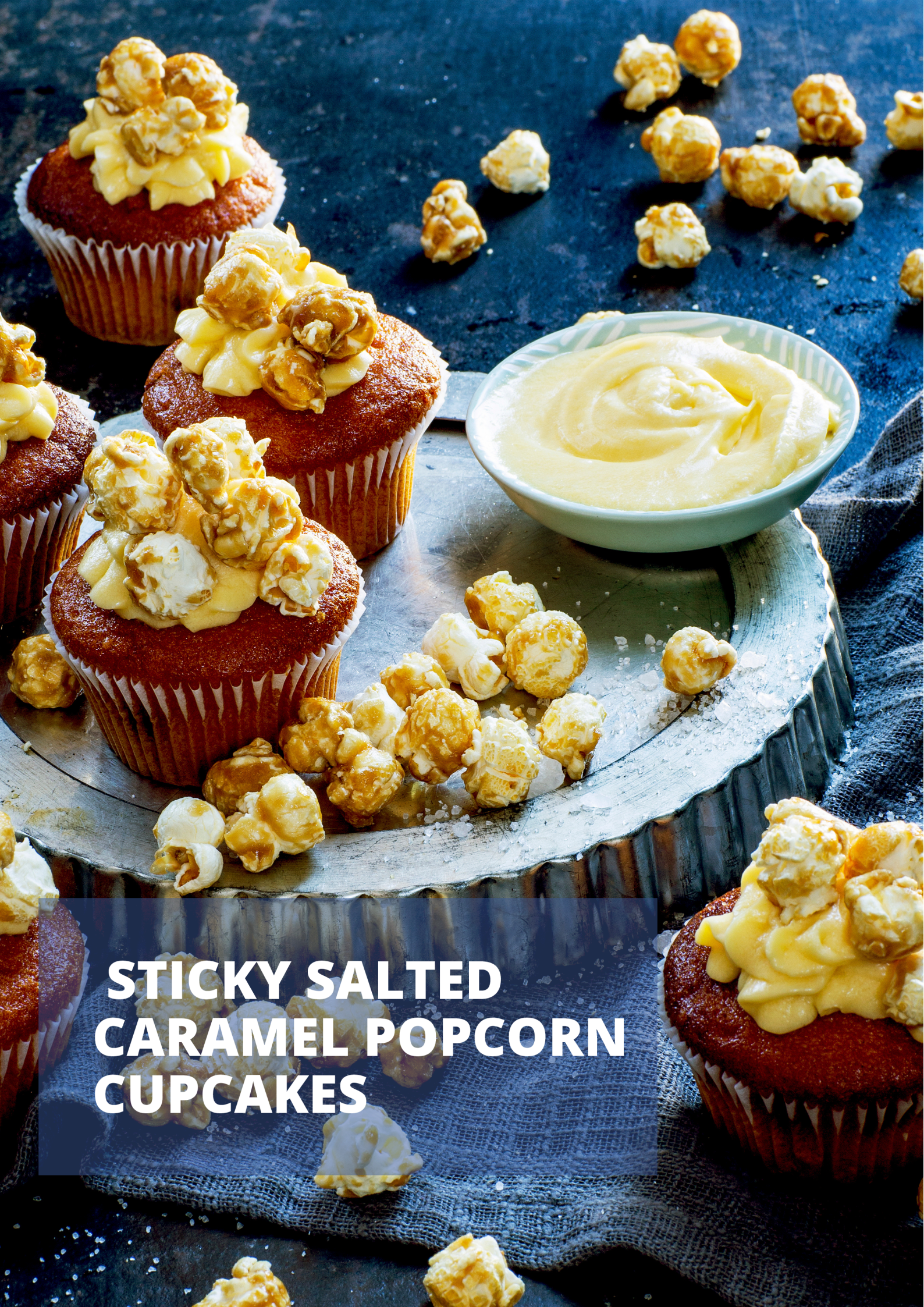
Which of the two recipes were your favourite? If you don't already follow us on Instagram, you're missing out. Keep a look-out to see what we come up with next. Winter is slowly making its way out. Looks like August might be another foodie-filled month.

Our recipe for this month is our STICKY SALTED CARAMEL POPCORN CUPCAKES on page 161 of our cookbook, Food Stories.

Just as a treat.

Enjoy!





**STICKY SALTED
CARAMEL POPCORN
CUPCAKES**



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