

Raw, Pure and Organic



After the holidays, isn't it time for a FRESH START? Robyn Randolph, author of *RawSome Recipes* will share the benefits of mostly *raw* with *some* cooked, organic, whole foods to create simple and nutritious meals.

Free talk by inspirational Californian author, Robyn Randolph. An invaluable opportunity for anyone interested in making healthier food choices.

See www.rawsomerecipes.com
Spectrum Centre, Inverness
16 January, 7.30pm.

Organised by HIOA (Highlands & Islands Organic Association)

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