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GET TASTING

# Food bites

Octoberfest, the Earth Expo, delicious white wines and a cool new breakfast toaster.



## Bavarian flair

Oktoberfest takes place at Paulaner Bräuhaus at the V&A Waterfront from 16 October – 1 November when beer lovers, families, young and old gather to enjoy the true taste and hospitality of Bavaria. Try the crispy pork knuckles and variety of beers as the oompah bands get you in the mood for some serious partying ☎ 021-418-9999.

## Sin-free sip

Delightfully refreshing, especially if you're watching your waistline, Fleur de Cap's lower alcohol and health-friendly Natural Light is versatile enough to enjoy as a sassy spritzer, making it almost sin-free. R30 a bottle from Pick n Pay, Checkers or Spar.



## Amy's wine

Newly launched Amy's Wine, a sauvignon blanc with a crisp tone and flavours of guava, granadilla and asparagus by Rosendal, is available at Pick n Pay and Woolworths at R49,99 a bottle.

## Breakfast run

Toast and egg, all at once in just 4 minutes! A toaster that can boil or poach an egg while toasting your bread is essential in any kitchen and a great Christmas gift. Why did we not think of it? Tefal Toast 'n Egg available at Boardman's. R899 ☎ 021-425-7745



## Celebrate Mother Earth

Visit the Earth Expo for everything that's homemade, healthy and natural at the CTICC from 16 – 18 October. Demonstrations and workshops about the healing properties of herbs, pasta making and bread baking, cheese and wine pairing and preserving food are on the agenda. R50 adults, children u.12 free. 10am – 6pm. ☎ 021-975-4440.