

PRETORIA

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FREE!

WINTER WARMERS

Delicious recipes to keep the chill at bay

7 superfoods to get you through the *winter*

TREND ALERT:
This season's hottest looks

LA MONTAGNE SE

Juanita

SKITTER OP DIE SILWERSKERM

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JULY 2015

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July Spoil

Handcrafted gourmet goodies that are perfect for winter.

We simply love the scrumptious, old-school delights from GUDGU Foodies! Our Die Grand UK, a unique local boutique foods company created by foodies, for foodies. GUDGU is all about honest and incredibly tasty home-made products. Who can forget the delicious smells coming from grandma's kitchen as she bakes or the mouth-watering treats and buffet picnic baskets most prepared for weekend road trips? It's no wonder GUDGU's beautiful, handcrafted baked, old-school cordials (think Turkish Delight and pink sweetie flavours) and ginger beer are favourites among connoisseurs nationwide. We also love the fact that GUDGU products contain no preservatives or colourants and are made with all natural ingredients.

GUDGU also boasts a Baking- and diabetic-friendly cordial range that is quite- and super- nice.

For more info visit www.gudgu.co.uk send an email to info@gudgu.co.uk or phone GUDGU at 0176 430-6050!

WIN: Two readers stand a chance to win a GUDGU foodie hamper including gourmet rusks, homemade ginger beer, old-school GUDGU picnic basket. To enter visit the Competitions page on our website www.gudgu.co.uk

GUDGU



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