

# Eat, Play, Love

Because your inside's just as important as your outside.



UNDER \$50

Coco Chocolate Handmade Luxury Creams, \$19.50, (02) 9922 4998.

**Our new obsession:** With flavours like Rose & Black Pepper and Mixed Berry & Vanilla Bean, we're pretty sure the handmade organic chocolates from Coco Chocolate in Sydney's Kirribilli are meant to be slowly devoured - but we just couldn't resist scoffing the whole lot in one go.

Shop 12, 3a-9b Broughton Street, Kirribilli, NSW, (02) 9922 4998, [coco-chocolate.com.au](http://coco-chocolate.com.au).



UNDER \$50

If your signature salad tends to be iceberg lettuce and cherry tomatoes with store-bought dressing, get your hands on Best Salads Ever by Sonja Bock and Tina Scheftelowitz (Grub Street), \$39.99, (03) 9285 3400. You'll be mixing elderflowers with pine nuts in no time at all.



*But shopping is my cardio...*

You can walk for hours when you're shopping, but just how many calories are you burning? Trainer Blake Worrall-Thompson says it's around 300 per hour. "You're likely to burn more energy at the end of the day, when you have bags to carry," he says. "Then it's not just your lower body that's getting a workout but your shoulders, triceps and biceps, as well."

UNDER \$50

**You already have the Enjo cleaning mitt - now get one for your hair.**

No, seriously. Made using microfibre, this towel holds seven times its weight in water, which means less blow-drying in the morning. Added bonus: there's one for your workouts, too.

Enjo Sportech Towel (top), \$35, and Hair by Ava Towel, \$39, 1800 222 540.



UNDER \$50

**It calls itself the World's Best Cereal. And we don't really care if it is or not. We just like displaying the cute package on our kitchen bench.**

WBC Power Packed Cereal, from \$12, (03) 9014 9511.

## Cheers! Kick back with our favourite quick cocktail recipes.



### Kahlúa Mocha Mojito

30mL Kahlúa Mocha  
30mL Havana Club's Añejo Especial  
20mL fresh lime juice  
1 mint sprig  
90 mL soda water

Add ingredients into a tall glass and fill with ice. Stir well, and top with soda water and crushed ice.



### Midori Pash

30mL Midori  
15mL vodka  
100mL cranberry juice

Build over ice and serve in a highball glass with lime wedges.



### Absolut Sun Spot

45mL Absolut Vanilla  
10mL Soho Lychee Liqueur  
30mL pineapple juice  
45mL orange juice  
½ passionfruit

Add ingredients to a tall glass and fill with ice. Stir well and garnish with a lemongrass stalk.