

Amanda MacKenzie – Amanda's Wholesome Kitchen

Amanda Mackenzie of Amanda's Wholesome Kitchen is a busy mum of 3 young children and is passionate about cooking and inspiring others to make healthy choices around food. Amanda's Wholesome Kitchen offers delicious wholefoods catering for events and small functions. She also hosts cooking & health workshops and provides pantry makeovers for clients wanting to transition to eating wholefoods.

Having previously played for the Queensland Firebirds, fitness has always played a very important role in Amanda's life and she loves to incorporate exercise into her busy schedule in order to stay fit and focused.

You can follow Amanda on Facebook or instagram @amandaswholesomekitchen and to see all of her delicious recipes and to find out more about her services you can contact her via www.amandaswholesomekitchen.com.au