

What a wonderful day ! Great weather;
Perfect to enjoy fantastic seafood and refreshing drinks

Today for breakfast I had a
"Kha nom jean **gaeng** poo:

Mild red curry with crab meat, coconut milk and
Thai herbs served with rice vermicelli noodles

paired with an

Organic Sencha Green Tea
made by **Dilmah**



Just had the best coconut drink ever !



Coco Dream

60 mL of coconut juice
90 mL of Vanilla Ceylon Tea
(2.5 gr infused for 4 min
in 220 mL of water)
1/2 stick of cinnamon
1 tbsp of Chia seeds
30 mL of Cinnamon Kombucha
10 mL of Honey

How to make it back at home?

In a cocktail shaker, break the cinnamon into little pieces, add coconut Water, Vanilla tea, honey and Chia seed. Shake well and double strain into the coconut. add Kombucha at the very end.

I had a light bite just after breakfast with a

Tasmanian salmon

cured in lemon tea and beetroot, with Thai herbs
and green spicy sauce

what a treat that was !

I learnt a new word today: "aroy mak ma"
which means "it is very good"

I will be needing this often during my holidays in Thailand.
The Thai food is so delicious.

HOLIDAY !

