



CUPPA FOR CANSA

“Healthy Choices”

HOSTESS BAKING COMPETITION

With the focus on [healthy active lifestyles](#) – the Cancer Association of South Africa (CANSA) want to encourage South Africans to look at alternative options when hosting their annual CUPPA For CANSA events.

“Celebrate something special with a healthier cupcake”

Hostesses countrywide will be challenged to make some healthier choices when preparing their delicious CUPPA cupcakes ... [with guidelines from dietician Megan Kluys](#) ... each hostess will be made aware of portion sizes and ingredients that offers a healthier option.

HOW COMPETITION WORKS:

Step 1: Review the guidelines provided with the CUPPA FOR CANSA Hostess package (find at [your local CANSA Care Centre](#))

Step 2: Write down your recipe on the [entry form “CUPPA Recipe Card”](#), bake your favourite cupcake, take a high resolution photo and submit to mscholtz@cansa.org.za **before 29 September 2017**.

Step 3: Dietician Megan Kluys will review the recipes as per the guidelines and submit the TOP 12 recipes for testing and tasting to the Shoprite Checkers Test Kitchen by end of **October 2017**.

Step 4: TOP 3 submissions will be invited to a celebrity CUPPA where the top 3 submissions will be tasted and the “CUPPA ‘Health Conscious’ BAKING CHAMPION” be announced **November 2017**.

Step 5: The TOP 12 recipes will be published on the CANSA CUPPA Website to ensure that South African have 12 options for a healthier festive season baking sensation.