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2025

Catering Rider: Jutta König (voice/guitars)

- Jutta König, is a strict raw Vegan.
- Please, all dinners in organic quality – ripe seasonal fruits and vegetables -
- raw local specialties welcomed!

Beverages:

- natural spring water or still water (4 liters please)
- fresh pressed orange juice - if possible or green smoothie (½ liter)
- **No Alcohol, no energy drinks aso.**

Only ripe vegan raw food - cold food - nothing cooked, roasted or baked

- **Nothing from animal, neither eggs nor honey, nor fish, nor seafood**
- nothing roasted or salted (like salted almonds or pistachious)
- no sugar
- a few ripe citrus fruits (orange, lemone) and other ripe fruits like bananas, blue grapes, plums,
- ripe avocados, tomatoes, cucumber
- green salad, spinach, wild herbs - if possible :o)

Sweets

- raisins, mulberries, dates or figs, raw cashew nuts
- and/or if possible ... raw chocolate (for example: love choc, raw bites) :o)

♪♪♪ Thank you so much ♪♪♪