



Welcome into our vibrant world with this month's newsletter!

## Introducing Konjed



**Konjed is a rich, comforting creation that blends tradition with modern flair, designed by Zahra as a soulful tribute to Middle Eastern flavors. At its heart is a luscious mix of sesame paste, powdered sugar, eggs, walnuts, and toasted sesame, whipped into a velvety spread that's both nutty and sweet. Served generously atop thick slices of pillowy challah brioche, the dish is finished with an elegant drizzle of black tahini, adding a dramatic contrast and a hint of bitterness to balance the sweetness. Konjed isn't just a dish—it's an edible canvas, thoughtfully crafted to evoke warmth, nostalgia, and the quiet luxury of shared rituals.**

*One fun nutty*

*workshop*

*Don't miss out*  
link in bio

Crack the code to **healthy living**  
—one **nut** at a time.  
<https://shorturl.at/nzWZP>

A **handful of nuts every day** can support your heart, brain, sleep, and even your mood? You'll get to **play, learn, and share** wisdom to make the science easy to digest. We want to walk away with **fresh ideas, practical tips, and a little inspiration** to bring into everyday life.



Nestled in the warm, intimate setting of a cozy R&H Café Galley, the supper club came alive with the vibrant spirit of **Persian New Year**. Candlelight flickered across long communal tables as guests gathered to celebrate **Nowruz** with an abundance of hearty, aromatic dishes—fragrant stews, saffron-laced rice, and sweet pastries that carried centuries of tradition. The space was filled with laughter, storytelling, and the gentle clinking of glasses as strangers became friends over shared platters and cultural rituals. More than just a meal, the evening offered a soulful pause—an invitation to reconnect, reflect, and welcome the new year with open hearts and full bellies.

