



## PRESS RELEASE

### **Fresh Living TV – Cooking Creeps TX: Monday 13 September at 5.30PM**

This week on Fresh Living TV, the lifestyle makeover team together with host Ayanda Tini introduce viewers to Simone who isn't afraid of anything, except the thought of being alone in the kitchen with a spatula!

While Simone is a dare-devil outdoor adventurer and game for any physical challenge, she is also a self-proclaimed cooking-phobe who breaks out into a cold sweat at the thought of spending any time in the kitchen. Don't miss Episode 2 of Fresh Living TV as Ayanda and her team of dedicated experts help Simone overcome a sour childhood memory and turn her woes into whirls. Viewers will love the practical and fool-proof cooking tips and cheer along as Simone finally gets to make her cake and eat it too!

Says Ayanda Tini, host of Fresh Living: "It has been a privileged for me to be part of all the good that the Fresh Living Team gets to do every week. While we've been able to meet the most inspiring people in our collective role as make-over professionals, we've also been on an emotional journey as we've helped to facilitate the happy endings that are so much a part of what makes Fresh Living TV unique and enduring."

Don't miss Simone's cooking transformation as she makes the leap from disastrous to delicious in Fresh Living TV on Monday 20 September 2010 at 5.30PM, only on e.tv.