

RAW II!



Un-Cooking Class

Enjoy a day in the beautiful Chittering Valley and learn to prepare some amazing raw foods. This course will motivate and introduce you to the world of raw food.

Kate is a qualified chef with over 22 years experience. Kate's passion for food flows into the classroom where there is plenty of hands on learning and delicious food to eat over the course. You will learn some extraordinary tips and tricks.

Her flare and natural ability with food will leave you motivated, transforming your eating to a more wholesome and balanced one.

RAW II...revive your body!

This un-cooking class is an extension to your introduction to raw foods. Raw Food will energise your body and add high nutrient content to your diet. A range of raw foods will be cooked on the day including - Cashew Cheesecake; Chia Crackers, Vanilla Chia Pudding; Tahini Handrolls; Avocado, Tomato & Sprout Open-Sandwich; Nori Rolls.

All of the recipes on the day will be demonstrated with hands-on help from students.

The day will start at 11am and conclude at 3.00pm. There's no need to bring anything but a keen interest and plenty of room in your belly.

Organic and local ingredients are used wherever possible.

Cost \$150

Saturday 12th May 2012



Full payment required to confirm bookings and non-refundable if less than 7 days notice of cancellation is given.

Please pay promptly to secure your place.

Payment should be made to Kate Meinck Ph: 9571 8630

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