***2022 SEASONAL, PLANT BASED & WHOLEFOODS COOKING CLASSES***

***in Hemel Hempstead***

***SATURDAYS 10.30am-1.30pm***

 ***Spring: 12 February; 5 March; 2 April***

 ***Summer: 23 April;* 14 May; 11 June**

***Autumn: 17 September; 15 October; 12 November***

**£40 per class (or £115 for all 3 of the Season)**

CONTENT:

* **Plant Based Wholefood cooking class** We will be using whole grains, vegetables, beans, tofu and tempeh, sea vegetables ( for their rich mineral content), seeds and nuts, fruits and natural sweeteners. We will **not** be using any dairy, refined sugar, meat or fish in these classes. (recipes supplied)
* **Shared Lunch**

Cooking is an essential foundation for our health. The foods we choose, and how we cook them, can either make us ill and create disease, or move us towards greater health and freedom from sickness.The hands on cooking classes will show you how to create delicious, colourful, plant based meals using nutritious, high quality whole foods. You will learn how to make healthy foods look amazing and taste fantastic. The classes are seasonally based so each one will offer recipes that will promote good health according to the time of year.

You'll need: **indoor shoes,** **apron, knife,** **pen and paper** **(recipes will be given).** **Please arrive by 10.25 am so that everyone can settle before the class begins.**

**To book AT LEAST A WEEK BEFORE COOKING CLASS DATE:**

**Send attached booking form with cash (£40 or £115 for all 3) or bank transfer (Ms M Hubbard A/C No. 16162084; Sort Code 089300; The Co-operative Bank).**

**2022 Seasonal Cooking Classes: Saturdays 10.30am-1.30pm**

**Name**

**Address**

**Tel** **Email**

**Any health issues (confidential) or food allergies/intolerances:**

**What would you like to get out of the class?**

Book me a place for the Cooking Class (please circle) on:

 12 Feb / 5 March / 2 April 23 April / 14 May / 11 June

 17 Sep. / 15 Oct. / 12 Nov. 2022

I enclose cash/bank transfer(please circle) **not refundable** for £\_\_\_\_

**Signed:**

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