

# CURRENT VIRTUAL COOKING CLASS OFFERINGS

## COOKING "EN PAILLOTE" (90-MIN. COOKING CLASSES)

Here's a fun way to jazz up dinner for yourself or for guests - and it's way better than the drive-through! Cooking "en papillote," or "wrapped in paper", may sound complicated but it is actually quite easy to do. (Seafood, vegetarian, vegan options available.)

Learn:

- how to select health-boosting ingredients
- a few knife skills
- "en papillote" cooking method

Menu:

- Fish OR Vegetable en Papillote
- Quick Cook Bulgur or Quinoa

BONUS E-Book *Health-Boosting Dinners*

Optional Gift Box choices:

- Herb and Spice Collection (\$45)
- Oil and Balsamic Collection (\$65)



## BUILD A BRAIN-BOOSTING BOWL (90-MIN. COOKING CLASS)

Building a "bowl" is a fun and delicious way to have a complete meal that supports not only good overall health, but provides ingredients that can improve brain function - concentration, creativity, and productivity. (Meat, vegetarian, vegan options available.)

Learn:

- traditional components of a bowl
- selecting health- and brain-boosting ingredients
- practice a few knife skills

Menu:

- Mediterranean Grain Bowl
- Lemon-Herb Tahini Sauce

BONUS E-Book *Build a Healthy, Brain-Boosting Bowl*

Optional Gift Box choices:

- Herb and Spice Collection (\$50)
- Oil and Balsamic Collection (\$60)



## THAT'S A WRAP! FRESH SPRING ROLLS (90-MIN. COOKING CLASS)

Wraps are a great way to pack a lot of nutritional punch into our lunches! For this class, we'll use spring roll wrappers and fill them with various brain-boosting ingredients to support brain function and focus. We'll also make a tasty and versatile dipping sauce that is sure to become a favorite. (Seafood, vegetarian, vegan options available.)

Learn:

- how make fresh spring rolls
- about health- and brain-boosting ingredients
- practice a few knife skills

Menu:

- Fresh Spring Rolls with Shrimp or Tofu
- Nut or Seed Butter Dipping Sauce

BONUS E-Book *Brain-Boosting Lunches*

Optional Gift Box:

- Oil and Balsamic Collection (\$60)



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