

H.E.A.L. Naturally Holistic Health  
Jennifer Papaconstantinou C.N.P., N.N.C.P.

# RAW FOOD NON-COOKING WORKSHOPS

Every Thursday in August!



## Raw Food for Beginners

Eating healthy foods has never been so delicious and easy. After this class, you will have the skills to prepare a variety of dishes for daily breakfasts, lunches, and dinners. Basic knife skills and special equipment for the raw food kitchen, including blenders and food processors, are covered. You will also go home with a 3 day menu plan.

In Raw Food for Beginners you will learn:

- How to make non-dairy nut and seed milks
- How to make sprouts
- How to ferment kefir
- How shredding and marinating kale and other dark leafy greens makes them as tender as cooked without the loss of nutrients
- How to turn nuts & seeds into dips
- How to transform veggies into pasta—without the starch
- The secret ingredient in desserts that replaces butter, cream and eggs

Cost: \$75 — includes food and dinner

When: Every Thursday in August!!!

Time: 6 p.m.—8:30 p.m.

Where: H.E.A.L. Naturally  
Headquarters—1766  
Storrington St. Pickering

\$20 Deposit upon registration

PLUS: Information on what the healing power of food and Nutrition can do for your health; as well as a 3 day RAW Menu Plan

Reserve your spot now!

Call Jennifer ~ Holistic Nutritionist

905.903.7388