



## Why a family class?

Well, because it's fun! Also, as a mom of two young kids, I totally know how hard it can be sometimes to put healthy foods

on the table only to see sour faces & drooping shoulders.

Thankfully, my kids don't put up too much of a fuss. I love seeing them taste some new recipe that I've made & hearing them say, "MMM-mmm, that's good!" My kids are my biggest teachers. They teach me how to make food that they will like. They also like to get in there & have some fun with recipes!

What is so great about raw & living food is that it doesn't take much to make something taste so good! Kid's palettes are different than adults & so it's been a process to modify things that I love to satisfy their growing taste buds.

I came up with these classes out of my own desire to make foods that my whole family loves. These classes will help take the guess-work out of your own task to make healthy foods that kids will enjoy.

Plus, taking the class with your child really is a fun, bonding experience!

Rawthentically yours,  
Linda

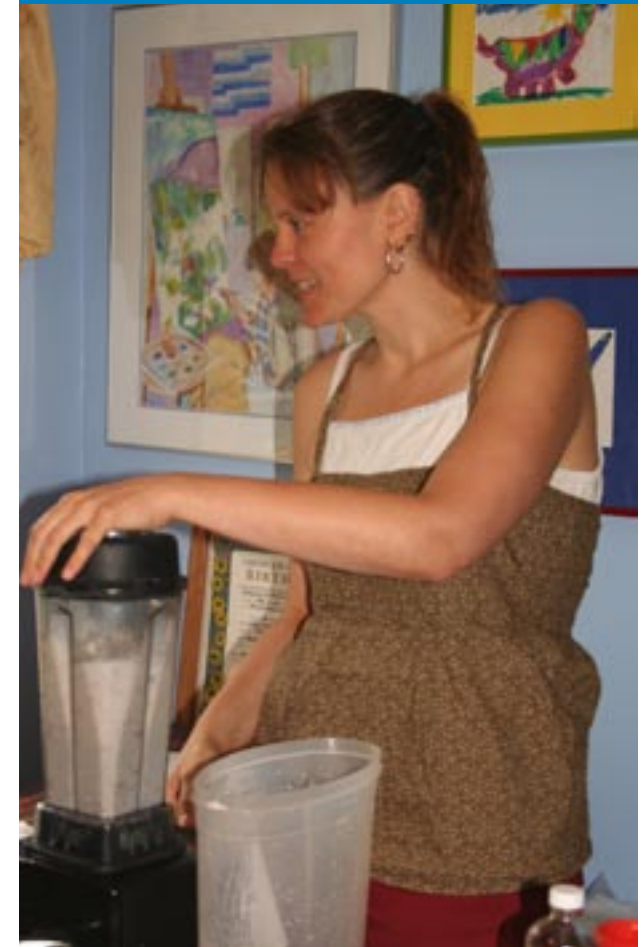
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**You're trying to find a way to incorporate more raw food into your family's diet. You want kid-tested & kid-approved foods that you know are way better for them to eat than the regular stuff that is out there now.**

**The best part of the kids' classes is that the kids are totally shocked to know that they are eating healthy foods!**



## Raw Food Kids & Family Classes



**Classes designed for the whole family to learn raw food together!**

## Kids & Family Classes

Kids are the best barometers for food, aren't they? When they like something, mom's & dad's are so happy & relieved. Getting kids to eat more fruits & veggies can sometimes be tricky which is why these classes were made for them with parents in mind!

I'm sure you've noticed as a parent by now that kids enjoy sweets. A lot of the recipes that we will learn are healthy, sweet alternatives which you will have confidence in making & serving to your kids. They are jam-packed with enzymes that kids really need for their growing bodies. (Adults need them too!) You can be sure that if your kids love these recipes, you will too!

Each month we will have new recipes to learn that are kid-tested & approved.



## September – An Apple A Day...

What to do with all those apples that you've harvested? We'll make:

- Apple Sauce
- Apple Butter
- a knock 'em live Waldorf Salad
- some good Dippin' Sauces for all those apples you've got

When: Friday, September 8th or Friday, September 29th

## October – Almonds Abound!

Almonds are big in the raw food world. Almonds are high in magnesium & they are a tasty, alkalyzing nut. What can we make that kids will LOVE?

- Almond milk
- Truffles
- Chocolate Pudding
- Crackers
- Cheese

When: Friday, October 6th or Friday, October 27th.

## November – Go Bananas with Bananas

Yes, of course you can just peel and eat them. But let's go crazy! We'll make:

- 2 kinds of smoothies: a GREEN Smoothie & a more Fruit-Based Smoothie.
- RAW ICE CREAM
- RAW PUDDING
- Banana Bread

Don't let anyone tell you you'll just be eating salads on raw food!

When: Friday, November 3rd or Friday, November 17th.

## December – All-Time-Kid-Favs

OK, so I had to create a class with the ultimate kid classics. This class we'll be making:

- Cookies
- NB & J Sandwiches
- Pizza
- Cinnamon Rolls with Frosting.

When: Offered Monday, December 4th or Monday, December 18th

These recipes are a bit more prep-time-consuming & ingredient consuming so the starting price for this class is \$100.00 per person, then \$80.00 for the second family member and then \$70.00 thereafter.

These classes are offered on Mondays from 11 until 3 pm. Pick the Monday that works best with your schedule. Pre-registration is necessary. Please call me at 229-4496 to register.

## Details for Sept. – Nov. Classes

These classes are offered on Fridays from 11 until 3 pm. Pick the Friday that works best with your schedule. The cost of the classes are \$75.00 each. Parent & child/ren coming? The cost is \$75.00 for the 1st person, \$65.00 for the second and \$55.00 for each additional person in the family. Pre-registration is necessary. Please call me at 229-4496 to register.

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