



COOKING

Workshop Menu

AN INTERACTIVE CULINARY EXPERIENCE THAT NOURISHES THE BODY AND SOUL

Our Cooking Workshops are more than just a meal. They're a hands-on, educational, and empowering experience that shows how food can truly heal. Each workshop includes a full meal made together with your guests, guided by our Chef from start to finish. Below are some sample workshop themes and menus. These can be mixed, matched, or customized to your taste, dietary needs, or health goals.

PLANT-BASED COMFORT CLASSICS

Menu Includes:

*Creamy Butternut Squash Soup
Chickpea "Crab" Cakes with Lemon-Dill Aioli
Garlic Roasted Vegetables
Decadent Cashew Cheese Chocolate Mousse*

GLOBAL FLAVORS, HEALING FOODS

Menu Includes:

*Sweet Potato & Lentil Curry (Indian-style)
Coconut Lime Tofu with Black Rice
Cabbage-Apple Slaw with Ginger Dressing
Mango-Coconut Chia Pudding*



DETOX & REBALANCE WORKSHOP

Menu Includes:

*Creamy Celery & Potato Soup
Zucchini Noodles with Sundried Tomato "Alfredo"
Apple-Walnut Salad with Lemon-Herb Vinaigrette
Herbal Infused Citrus Water & Chia Cups*

GUT-HEALING MEAL WORKSHOP

Menu Includes:

*Miso-Ginger Vegetable Soup
Roasted Acorn Squash Stuffed with Quinoa, Chickpeas &
Greens
Fermented Veggie Tasting Plate
Coconut Yogurt Parfait with Berries*

HEART-HEALTHY PLANT POWER

Menu Includes:

*Mediterranean Lentil Soup
Whole Grain Pasta with Walnut "Meat" Balls and Fresh
Basil Sauce
Steamed Broccoli with Lemon Zest
Olive Oil & Orange Polenta Cake*

ANTI-INFLAMMATORY FAVORITES

Menu Includes:

*Golden Turmeric Tofu Scramble
Roasted Sweet Potatoes with Tahini Drizzle
Kale & Cabbage Salad with Ginger-Sesame Dressing
Blueberry-Oat Bars with Flax & Almond*

BASIC BREAD BAKING

*Learn to make either whole grain bread or
gluten free loaves or wraps.*

Choice of Four plant based sandwich fillings:

*Tofu salad
Pumfu salad (tofu made from pumpkin seeds)
Classic Hummus
Black Bean Spread with Chipotle Seasonings
Creamy Sweet Potato Navy Bean Spread
Homemade Veggie "Meat" Loaf Slice
Tofu Cutlet
Grilled Tempeh or Tofu with Maple Barbecue Sauce*

JUICING WORKSHOP ADD-ON

*Fresh, vibrant juices are a powerful way to energize the body and boost vitality. This **optional add-on** can be paired with any cooking workshop or offered as a standalone session.*

What's Included:

- Guidance on making nutrient-rich **vegetable and fruit juices**
- Recipes featuring anti-inflammatory, immune-boosting, and detoxifying ingredients
- Tips on combining flavors and using seasonal produce
- Guests must have access to a juicer for full participation

LOOKING FOR SOMETHING SPECIFIC?

We can build a custom workshop just for you based on your goals, health concerns, or favorite ingredients. Let us know what you'd love to learn and taste! We can even design basic how to classes if you've never or rarely cooked before.

