



Summer Healthy Eating Series 2018

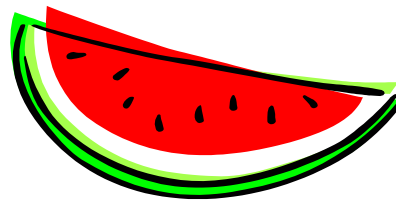
At The Walkabout Clubhouse

Mondays 11:00-1:00 OR 5:00-7:00

Come to Learn, Come to Cook, Come to Eat...

This summer I will be conducting a series of cooking classes/demos that focuses on simple *plant based* meals and desserts. I want to share some healthy alternatives to foods you are used to, as well as introduce you to something new.

During each class I will ask participants to assist with different parts of the prepara-



Healthy Eating with Tracy

tion. After each meal is complete, we will eat together. You will leave with recipes, tips, and hopefully a smile!

The cost is just **\$5** per person per class. Please bring your own drink.

Contact Tracy with questions or to sign-up: trafett@gmail.com (Please put "cooking class" in the subject line) 912-552-1799 (call or text)

****Please sign-up by noon of the Friday before class.****

Menus:

Pizza Power bowl & Chia Pudding **6/11** 5-7 PM

All Raw Taco Salad & Ice "Cream" (no ice cream maker needed) **6/18** 11-1

Not Your Ordinary NACHO Bowl & Dessert Hummus **6/25** 5-7 PM

Crunchy Quinoa Salad & Shakti Apple Cobbler **7/9** 11-1

Garlic Lime Cashew Zoodles & oatmeal cream pies OR no bake cookie brownies **7/16** 5-7 PM

Cold (but super yummy) Sesame Noodle Bowl & Quinoa Fruit Salad **7/23** 11-1



Located at:
742 Old Still Rd.
Woodbine, GA 31569