



Cooking Workshops

Inquire a consult with me to discuss what cooking workshops will work well for your event. Options include:

- The Art of Juicing
- Cooking with Greens workshop
- Smoothies Demystified
- Cooking on a budget class
- Kids Cooking Class
- Mindful Cooking / Mindful Eating Class
- 14-day Cleanse Workshop
- Superfood Desserts Workshop
- Easy and Macro-nutrient Balanced basics

Or design your own! I will create a workshop with you based on your group or audience's needs



Click [HERE](#) to schedule your consult and book your cooking workshop

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