

JANUARY 28, 2012
9:00 AM - 5:30 PM

Join Living Light Culinary Institute Instructors to experience the exciting world of gourmet raw foods and health transformation!

Living Light Hits the Road: FUNdamentals of Raw Living Foods in San Diego



Cherie Soria

Location:

Santa Clara Recreational Center
1008 Santa Clara Place
San Diego, CA 92109
(858) 581-9928

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Tuition: \$375. Includes a delicious organic raw vegan buffet lunch.

Required Text: *Angel Foods: Healthy Recipes for Heavenly Bodies* by Cherie Soria

To Register: Call (707) 964-2420 or visit RawFoodChef.com

Take these opportunities to learn how to make raw food FUN and delicious the Living Light way! Our professional raw food instructors are hitting the road with our flagship class, **FUNdamentals of Raw Living Foods™**, providing the most comprehensive one-day course in raw food preparation in the industry—no other one-day class in raw food preparation can compare. **Living Light** is widely recognized as providing the top raw vegan training program in the world for novices and professional chefs alike. Thousands of people from over 50 countries have taken **FUNdamentals** since it was developed in 1998. We continually refine the class to bring you the latest developments in raw culinary arts.



Alicia Ojeda



Brenda Hinton

During this introductory workshop, students will attend superb culinary presentations showing how to create a wide variety of delicious, easy-to-prepare recipes! Here is just a sampling of what they will see and taste:

- appetizers
- fruit smoothies
- soups
- green juices
- salad dressings
- simple entrées
- patés
- wraps and rolls
- nut milks and non-dairy cheeses
- crunchy crackers and other dehydrated goodies
- amazing desserts
- fermented foods
- sprouting and kitchen gardening
- essential equipment and supplies used in a raw kitchen... and much more!

A full buffet lunch of organic raw vegan foods will be provided as well as samples of most of the foods prepared. Tuition includes all course materials with the exception of the required text, *Angel Foods*.



For more information about Living Light Culinary Institute classes, please call 707-964-2420 or visit RawFoodChef.com

