

Have FUN in Austin!

Saturday
October 15, 2011
9:00 AM - 6:00 PM

Join Chefs Alicia Ojeda & Martine Lussier for
FUNDamentals of Raw Living Foods™
and Experience Health Transformation!



Location: New Earth Center
7708 Thomas Springs Road
Austin, TX 78736

Tuition: \$395. 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

Phone: (512) 354-1140
(only for day of emergency, lost, etc.)

Take this opportunity to have FUN in Austin with professional gourmet raw vegan chefs Alicia Ojeda and Martine Lussier!

FUNDamentals of Raw Living Foods™ is the premier 1-day intensive course providing comprehensive instruction in raw living food preparation. **Living Light Culinary Institute** is widely recognized as 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



Martine Lussier

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*.



Living Light
Making Healthy Living Delicious!

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

