

SANTA MONICA: Jan. 21
SAN DIEGO: Jan. 28
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 Southern California



Cherie Soria

Locations:

Santa Monica, CA
San Diego, CA

(Visit RawFoodChef.com/FUN.html
for specific venues and event details)

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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

