

# Living Light *Raw Revolution Tour*

## *FUNdamentals of Raw Living Foods*

Join Cherie Soria, the "Mother of Gourmet Raw Vegan Cuisine" to experience the exciting world of gourmet raw foods and health transformation!



### **Cherie Soria**

Founder and Director,  
Living Light Culinary  
Institute

### Locations/Dates:

**Vancouver, B.C. – April 14**

**Toronto – April 28**

**Seattle – May 5**

**Portland – May 12**

(Visit [RawFoodChef.com/FUN.html](http://RawFoodChef.com/FUN.html) for specific venues and event details)

.....  
**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](http://RawFoodChef.com)

**T**ake 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.

**During this introductory workshop,** students will attend superb culinary presentations showing how to create a wide variety of delicious, easy-to-prepare recipes, including:

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



For more information about Living Light Culinary Institute classes, please call 707-964-2420 or visit [RawFoodChef.com](http://RawFoodChef.com)