



The Healthy Gourmet www.thehealthygourmet.com.au

Vegan Cooking Class – \$110.00 pp

8 Pax – Gluten Free, Raw & Vegan

2nd Mar – Broadbeach

Please choose one of each on the following options:

Entree:

Vietnamese spring rolls

Eggplant, Sundry Tomatoes & Macadamia Ricotta Rolls*

Kale, Quinoa, Orange & Roasted Almonds Salad

Main:

Quinoa Paella

Raw Zucchini Pasta

Chinese Eggplant over Cauliflower Rice

Dessert:

Chef & Nutritional Researcher Alessandra Alfredo alessandra@thehealthygourmet.com.au
Ph. 0404 871015



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Chocolate or **Lime Cheesecake**

Raw Cacao Bonbons

Ginger, Carrot & Orange Cake