

Raw Done Tastefully

Schedule of Classes

Day	Date	Time	Class
Thursday	January 17	6PM – 9PM	Raw Italy
Saturday	January 19	9AM – 12PM	Forget Cooking
Thursday	January 24	6PM – 9PM	Divine Desserts
Saturday	January 26	9AM – 12PM	Raw Italy
Thursday	February 7	6PM – 9PM	Forget Cooking
Thursday	February 21	6PM – 9PM	Raw Italy
Saturday	February 23	9AM – 12PM	Forget Cooking

Class Descriptions

In Raw Italy, you will learn:

- How to make a delicious vegan Caesar salad--almonds and pine nuts replace egg yolks and cheese, and nori seaweed replaces anchovies.
- How to make hearty and hot winter soup in the raw.
- How to make zucchini fettuccini in minutes, and top it with a variety of delicious
- How to make dairy- and wheat-free lasagna that's as comforting and delicious as the traditional version.
- How to make non-dairy ice creams that are rich and creamy.

In Forget Cooking, you will learn:

- How to make non-dairy nut and seed milks.
- How to make creamy vegetable soup in less than 10 minutes.
- How shredding and marinating kale and other dark leafy greens make them as tender as cooked, without loss of nutrients.
- How to turn nuts and seeds into protein rich pâtés.
- How to transform zucchini into delicate angel-hair noodles--it's pasta
- The secret ingredient in raw chocolate mousse that replaces butter, without the starch! cream, and eggs.

In Divine Desserts, you will learn:

- How to make easy no-roll, no-bake piecrusts, tart shells, and crisp
- How to use coconut oil to replace butter in chocolate truffles.
- How to make foolproof dairy-free ice cream.
- How to make a gourmet chocolate cake in 10 minutes flat.