

Nourishing Wellness Medical Centre Presents....



Good Health, Good Food: Quick & Easy Meals from the Farmers Market

Learn to create delicious, nourishing, easy and fast meals that take their inspiration from the fresh seasonal vegetables found in area farmers markets. ***You'll discover:***

- ❑ How to preserve the nutrients in your veggies to increase their living enzymes and nutrient content. How to store and prepare your produce to maximize nutrition
- ❑ You'll learn how to make a **very simple winter soup, healthy salad dressing, crock pot surprise**, delicious, **digestive salads** using seasonal herbs, fruit, vegetables, and natural sweeteners and **a great dessert** using only 4 ingredients including dense dark chocolate!!
- ❑ A shopping list of nourishing dense foods available in the South Bay Area.
- ❑ We'll discuss strategies for getting dinner on the table in a hurry after a busy day with a crock pot & other kitchen tools along with simple meal planning tips and ideas
- ❑ You'll enjoy healthy snacks and a lunch allowing you to taste and enjoy some of the delicious recipes that we made during the morning

Date: Sat. Jan 20th, 10-1:00 pm

Location: The Kitchen & Sunny Garden of The Peters Home - directions provided upon registration.

Fee: \$60.00- includes recipes& meal booklet, healing teas, snacks and an organic lunch and so much more!!!

To Register and for more info: Call Deedee at 310- 792-7830

Space Very Limited!!! - ☎Call a friend and register today!!!

About Your Instructors:

Jeanne Peters RD is a Registered Dietitian & Whole Foods Advocate for over 25 years conducts "Nourishing Wellness Food Ways" -cookshops to bring together creativity, imagination and a deep respect for traditional cuisine and time-honored culinary practices. "In our work at Nourishing Wellness, we integrates the importance of community, health, ecology & deep appreciation for the body and the healing nutrients needed for excellent health"

Allen Peters MD has studied nutrition for more than 20 years and uses food therapeutically in his private medical practice to treat illnesses ranging from cancer to celiac disease. His book, **Nourishing Wellness Wealth**, will be published this summer. Our classes are designed to inspire you to have fun in the kitchen while nourishing yourself and your family.

Together they founded the Nourishing Wellness Medical Centre in Riviera Village in Redondo Beach, a preventative medical practice focusing on healthy aging through nourishing food & lifestyle choices.

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