

Easy & Fun Holiday Tamales



Whole Food Plant Based Cooking Class

Date: December 3rd, 2022

Time: 11:00am - 1:30pm

Location:

Shanti Omstead Organic Farm
in Gisela, AZ

45 minutes N of Fountain Hills
25 minutes S of Payson

www.shantiomstead.com

Cost:

\$55 per person, includes:

- recipes
- lunch
- tips and techniques
- handouts

Instructor:

Leslie Cook
Certified Plant Based Chef -
Rouxbe

Register at:

www.plantpoweredpayson.com

Join us for fun cooking and eating experience exploring techniques for preparing healthy Whole Food Plant Based dishes. We will explore several favorite recipes and simple techniques for creating a healthy lunch, dinner, and appetizers that everyone will enjoy.

By crowding out processed food with more Whole Plant Based foods, we can:

- Improve our Immune System
- Reduce Inflammation
- Learn to Lose, Gain and Maintain Our Perfect Weight
- Reduce Cholesterol
- Stabilize Blood Pressure
- Be Healthy and Vital

Class Will Include:

- How to make Plant Based Tamales
- Learn how to make three wonderful tamale fillings
- Three sauces to enhance your tamales
- A great lunch ~ we eat what we have prepared
- Hands-on options - You'll be doing assembly
- Of course a plant powered dessert
- Farm Tour after the class