

Grains Cooking Class

Are you getting the best nutrition from the grains you eat?

Proper Preparation of Grains for Maximum Nutrition

All grains, nuts, seeds and legumes contain natural substances that block mineral absorption. If you are not soaking, sprouting, sour leavening or fermenting grains and seeds you are not getting the most out of your grains, and may actually be causing harm.

Traditional people took great care in the preparation of grains, nuts, seeds and legumes. Come learn preparation techniques that enhance digestion and increase nutrients!

Gluten & Gluten-Free Recipes!

Date: Saturday, May 3rd, 2014

Time: 12:00 to 4:00 PM Location: CrossFire Church,

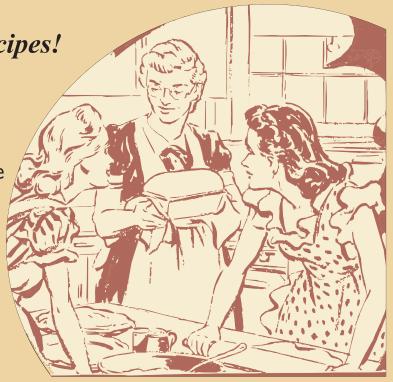
4060 West Amazon Drive

Eugene, OR, 97405

Cost:

Pre-Registration **\$45**At the door **\$65**

Demos, Recipe booklet, and LOTS of Yummy Samples!





Register Online: eugenewestonaprice.org/classes

*Register Online Today!

Presented by the Eugene Chapter, WESTON A. PRICE FOUNDATION Email: info@eugenewestonaprice.org | Phone: **541-870-0646**

