



# *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](http://eugenewestonaprice.org/classes)

*Register Online Today!*

Presented by the Eugene Chapter, WESTON A. PRICE FOUNDATION  
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