

What attendees have said  
about previous classes!



"Excellent"

"Awesome!"

"Please keep up  
good work!"



"Great. Lots of very good recipes"



"It was a very  
organized and  
prepared class."

"I thought it was  
wonderful. I did NOT  
expect to eat so well."

"It was great! So inspiring.  
The food was very tasty."



Presented by:

THE WESTON A. PRICE FOUNDATION®



for **Wise Traditions**  
in Food, Farming and the Healing Arts

Eugene Chapter

Eugene Chapter,

Weston A. Price Foundation®

web: [www.eugenewestonaprice.org](http://www.eugenewestonaprice.org)

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## The Weston A. Price Foundation

- Is a reliable source of accurate nutrition information.
- Provides a strong voice against imitation foods.
- Does not receive funding from any government agency, nor from the meat and dairy industries
- Campaigns for a return to healthy traditional fats.
- Warns consumers about the dangers of modern soy foods.
- Promotes access to unprocessed whole milk products from pasture-fed animals.
- Keeps members informed through Wise Traditions, a lively quarterly magazine.
- Helps consumers find healthy, farm-fresh foods through a system of local chapters.

WESTON A. PRICE FOUNDATION®

[info@westonaprice.org](mailto:info@westonaprice.org)

[www.westonaprice.org](http://www.westonaprice.org)



# Grains Cooking Class

Proper Preparation of Grains  
for Maximum Nutrition

Saturday, May 3rd, 2014

GETTING THE MOST FROM WHOLE GRAINS

Gluten & Gluten-Free Recipes!



Register Online Today!

[eugenewestonaprice.org/classes](http://eugenewestonaprice.org/classes)

Phone: 541-870-0646

## Proper Preparation of Grains:

- Soaking
- Sprouting
- Sourdough
- Fermenting



Traditional people took great care in the preparation of grains, nuts, seeds and legumes.

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.

Come learn preparation techniques that enhance digestion and increase nutrients!



## Recipes Cover:

### *Gluten & Gluten-Free Recipes!*

- Buckwheat-Sorghum Waffles
- Cream Puffs
- Fig Newtons
- Quinoa Tabouli Salad
- Buckwheat Egg Noodles
- Whole Wheat Cinnamon Scones
- Whole Wheat Date Spice Muffins
- Oat Crackers
- Oat Anise Cookies
- Whole Wheat Sourdough Bread
- Ancient Grains English Muffins
- Fermented Quinoa drink
- and more!

### Class includes:

*Four Hours of Instruction,  
Demos,  
Recipe Booklet, and  
LOTS of Yummy Samples!*

Scan for more info:



## Getting the Most Nutrition from Whole Grains

### Cost:

Early-Bird Registration \$45  
At the door \$65

**Date:** Saturday, May 3rd, 2014

**Time:** 12:00 to 4:00 PM

**Location:** CrossFire Church  
4060 West Amazon Drive  
Eugene, OR, 97405

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