

# SIMPLE Living Food Preparation Course

*with*

*RAW GOURMET CHEF Veronica O'Reilly*



**DATE** 2nd. March '19

**TIME** 10 am – 2.00 pm

**PLACE** Healthy Habits  
Quarantine Hill, Wicklow Town

**€75**

***Limited places – apply now***

**Get started in preparing living food dishes  
and introducing them into your life.**

- Learn to make WARMING SOUPS
- Vibrant dishes and guilt-free desserts
- SPROUT MUNG beans, LENTILS
- **SOME HANDS ON EXPERIENCE**
- LUNCH and RECIPE HANDOUTS INCLUDED

**For more information contact**

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