



www.thecreativefeast.com

603.321.5011

**Feasting from the Low-Glycemic Index: Vegetables, Grains & Beans
Cooking demonstration and tasting**



Low Glycemic cooking is easier and tastier than you think! This 2-Course cooking demonstration and discussion will focus on the basics of what the glycemic index is and what foods we should be including in our healthy low-glycemic meals. Following the discussion Liz will demonstrate simple recipes using low-glycemic vegetables, grains and beans along with other ingredients designed to introduce you to cooking methods and flavor combinations that will get you excited about a healthier way of eating. Enjoy a cooking demonstration of two recipes and samples for all to taste. Recipes and paper goods included.

[Knives and knife sharpeners](#) will be available for purchase.

Program Fees

Private Parties, Clubs, Retail Shops, Markets:

\$350 plus .51 per mile travel.

0-35 guests

Additional guests \$3.50 per person

Public Libraries:

First Booking: \$150 plus .50 per mile travel.

Repeat Bookings: \$200 each plus .51 per mile travel.

0-35 guests

Additional guests \$3.50 per person