



www.thecreativefeast.com

603.321.5011

***Feasting on 10 Minute –Meals
Cooking demonstration and tasting***



We all want to eat well but our busy schedules often keep us from taking the time to cook healthy meals. Understanding what ingredients to have in your refrigerator, pantry, and freezer is key to whipping up a fast, healthy, and delicious meal. Liz will teach you cooking short cuts to help you combine those ingredients. Join Liz to learn how to use your pantry and your local market to create and cook delicious, healthy meals in 10 minutes. You'll need lots of tips and tricks to pull off these meals and Liz is excited to teach them to you. 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