



www.thecreativefeast.com

603.321.5011

**SuperSnacks for Super Teens
Cooking Demonstration and Tasting**



“SuperFoods” is the new buzzword in cooking. Filling each meal with SuperFood ingredients can be simple and delicious for any teenager. Join Chef Liz Barbour of The Creative Feast as she demonstrates how to prepare delicious snacks combining highly nutritious ingredients to create super healthy recipes anyone can make. SuperFood never tasted so good! Enjoy a cooking demonstration of two delicious recipes and sampling. 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