

Healthy Cooking Classes

June - August



KIDS HEALTHY COOKING CLASSES: \$12 Members / \$20 Nonmembers
Ages 5+, 5-7 needs to be accompanied by an adult. Up to 2 kids per adult.

The Grouchy Lady Bug | Tuesday, June 4th from 5:30PM to 6:00PM | Come hear the story about the Grouchy Lady Bug by Eric Carle and make your own grouchy lady bugs and lady bug English muffin pizza. Ages 3-5

Kabob Crazy | Monday, June 17th from 6:30PM to 7:30PM | We will learn how to slice veggies, fruits and meat. Then, we'll assemble the kabobs and finish them on the grill. Ages 5+

Mini Banana Cream Pies | Wednesday, July 10th from 6:30PM to 7:30PM | Summer is in full swing, why not try a simple and perfect recipe for kids to learn how to mix, slice, and create a refreshing and sweet dessert. Ages 5+

Summer Snacks for the Kiddos! | Tuesday, July 16th from 5:30PM to 6:00PM | Great snacks to keep you cool! We will be making some yummy granola bars, fruit salsa, and apple nachos! Ages 3-5

Banana-Rama! | Monday, July 22nd from 6:30PM to 7:30PM | We will use bananas to make healthy ice cream, frozen chocolate and nut butter bites, and a smoothie! Ages 5+

Fruit Rainbows with a Pot of Gold | Tuesday, August 6th from 6:30PM to 7:30PM | This festive array of fruit is ideal to help kids learn more about colors, shapes, and basic cutting skills. Join us and strike your own "Pot of Gold". Ages 5+

ADULT HEALTHY COOKING CLASSES: \$12 Members / \$20 Nonmembers
Ages 15+

Breakfast! Don't Leave Without It | Monday, June 3rd from 6:30PM to 7:30PM | It's summer and you're busy. Fuel your entire day with a great breakfast. Ideas for easy portable nutritious nibbles will be made and tasted!

Jalapeño Veggie Burgers | Wednesday, June 12th from 6:30PM to 7:30PM | Come try out this delicious patty recipe and show off your cooking skills. Great for summer weekend grilling, pan frying or simply browning in the oven. Served on a bun, with a smokey onion jam and chipotle mayo.

Summer Potluck Favorites | Tuesday, June 25th from 6:00PM to 7:30PM | Summertime is the time for barbecues! Let's make a few healthy recipes to bring to your next backyard bash. We will be making cauliflower "potato" salad and Italian zucchini "pasta" salad.

Summer Veggies | What Do You Do With That? | Wednesday, July 24th from 6:30PM to 7:30PM | Ever tried egg plant or artichokes? How about Brussel sprouts? With a few flavorful tips and tricks you will discover how great these summer veggies can be!

Summertime Desserts | Tuesday, August 20th from 6:00PM to 7:30PM | Let's cool down with some tasty and healthy desserts! We will be making paleo ice cream and lemon and berry cheese cake bites.

Please register 48 hours in advance for cooking classes