

Laura's Natural Kitchen at the Hattie May Inn

Nutritional Coaching for a Healthy, Balanced Life

NOVEMBER COOKING CLASSES

Laura Slayton, Holistic Nutritionist and Natural Foods Chef

Specialize in Natural Healing Foods to maintain and regain health

All classes are hands-on. You will do the cooking.

We will discuss the nutritional benefits, learn how to prepare the dishes, then, of course, eat what we make.

Choose: 2 classes \$70

1 class \$40

Register at: **HattieMayInn.com**

Laura's Natural Kitchen

It's Thanksgiving all month long! This year let's eat but still be able to move after dinner. Yes, we can create Thanksgiving Day dishes that not only taste great but are great for us!

Create your own Class. Come to the Inn or I will come to you and help you prepare a great holiday meal.

November 6th, Thursday 6:30

Let's make Mashed Potatoes with a third of the fat and triple the nutrients. Brussels Sprouts and Sweet Apple Saute. Sweet Potato Soup that tastes like you simmered it all day!

November 18th, Tuesday 6:30

Let's continue our special dinner with Colorful Kabocha Squash Pilaf, Meaty Tasting Lentil Loaf and, of course Dessert, Decadent Chocolate Mousse without the cream and excess calories.

Contact me at LaurasNaturalCooking@gmail.com or 817-870-1931.

