

Community Kitchen Co-op KW presents

Protein-Packed Plant-Based Cooking 101

Always wondered how to cook tempeh and tofu?

Learn how to prepare high-protein vegan dishes in this fun, hands-on workshop. Learn several recipes and enjoy them for lunch. All abilities and diets welcome.

12:30 pm - 2:30 pm Saturday Sept 28
Rockway Community Centre

Register via Eventbrite - \$20

www.eventbrite.com/e/protein-packed-plant-based-cooking-101-tickets-71701726795

Instructor Cécile, born in France, is not your traditional French chef. Unpretentious, original, nutritionally dense, and using quality ingredients, her recipes are meant to become part of your kitchen.

Cécile's website: www.untamedkitchen.ca

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