



## GLUTEN-FREE VEGAN & VEGETARIAN CLASSES WINTER CLASSES 2013

*Learn to make gluten -free baked goods and hearty, wholesome and tasty vegan soups and dishes with vegetarian options. Main dish recipes, accompanying sauces and salads will highlight the use of legumes, nuts, seeds gluten-free grains and seasonal vegetables. Dishes will utilize a variety of herbs, spices and vegan condiments. Each class includes some nutrition discussion and information. Participants take home the food they prepare.*

**Date and Time:** Wednesday evenings **January 9, 23 & 30** and **February 6** from 6:30 to 9:00. **Cost:** \$160.00. Includes ingredients and supplies. **Location:** Mary Jane's Cooking School, 252 Arlington Street.

**To Register:** call Mary Jane's Cooking School: 775-2522 or email: [mjcookin@mymts.net](mailto:mjcookin@mymts.net)