



COOKING CLASS SERIES



**JOIN RAVI FOR FUN & INTERACTIVE 4 WEEK COOKING CLASS
OR PAY AS YOU GO PICK YOUR DATE & TIME!!**
Each class is all-inclusive and includes recipes & bites.

CURRENT FEB/MAR-2017 SCHEDULE – CHOOSE YOUR CLASS

SUPERFOOD MASTERCLASS-

(4-week £200/person, £360 for 2 OR £65 for one off Class)

Super healthy treats and quick food to make with exceptional healthy ingredients like Chia, Flax, goji, Macca powder, Spirulina and various seeds and nuts. Lets join me for this Super healthy cooking class and learn the tips and secrets to make healthy food in no time!!!

Sample menus below, but can be modified as per need!!!

Hemp & Coconut Protein ball
Crispy kale chips with Macca
Turmeric Latte
Clean lettuce wrap
Pineapple & Matcha Smoothie

~~MHEK~~

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Broccoli Detox Soup
Ramen noodle Miso Soup
Banana Sushi
Green Healthy Wrap
Quinoa Salad
Grilled avocado with chickpea & Peanut butter
Mason Jar Salad

Course can be conducted at the convenience of your time and date. Each person can choose 1 starter & 1 Main course for the class. For six week (six classes) there will be a separate menu, can be tailor-made and customized as per your needs and preferences. Vegetarians are welcome to join the course.

FEEDBACK FROM MY VALUED CUSTOMERS

“ A great way to spend Saturday morning & I learnt some useful tips! Lovely to meet everyone too. ”

-Libby, Reading

“ Great idea! Lovely atmosphere, and the food turned out really well. Thank you Ravi! ”

-Jayne Johnson, Berkshire

Thank you! I really enjoyed the session, learning new techniques and the nutritional info too. The curry was very tasty and I will be trying this out at home. I hope to join again

~~MHEK~~

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in future classes. Thanks again, it was a great environment and you're a great teacher!

-Sundip Mace, Twyford

A truly master class! Managed to pick up some cooking tips as well as some nutritious information...ah, the spirulina...apparently the B12 claim is controversial (see Wikipedia). Got to know how to cook crispy kale is one of the highlights...thanks Ravi.

-Jo, Goring

For reservations: email rbsnutrition@gmail.com or call 0759988 4210.

Dates and time can be customised as per customer's needs. Please ask for more details about menus and timings. All the classes priced as per person. Dates are flexible & limited .See you in the class.

~~MHEK~~

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