

# Living Food Class

## FESTIVE FOOD



with Raw Gourmet Chef Veronica O'Reilly  
author 'Raw in a Cold Climate'

Learn to make Living Warm Soups  
Stuffed Vegetables with a Twist  
Warming Mains, Seasonal Dishes,  
and much more

**LUNCH and RECIPE HANDOUTS INCLUDED**

**Saturday 18th November 2017**

**Time: 10 - 2.00 (includes lunch)**

**Cost €75**

**BOOKING ESSENTIAL**

**Non-refundable deposit €20**

**SOL**

**Healthy Habits Cafe, Quarantine Hill, Wicklow  
Town**

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