

Cooking for Life

with Michelle Palmer, Ayurvedic Practitioner, Healthy Chef and Yoga Teacher

This is no ordinary cooking class! As a cook with a certification in Ayurvedic medicine, Michelle teaches a selection of recipes while educating on prevention and health from Ayurvedic and western perspectives. Class subjects include: healing digestion, disease prevention, increased energy, weight loss, healing food allergies, gluten free, women's health, men's health, vegan, natural remedies, supporting athleticism, 'healthy' chocolate & puddings and more.

Classes are for groups of six or more and take place in your home. If you can find five or more people willing to pay £30 for a lovely evening of health without having to clean or cook, then I can teach the class! Ingredients, recipes, handouts, as well as the cooking and washing up are all included in the cost. A deposit of £10 per person is required for registration. The finest local, organic ingredients are used. Special diets can be catered for. Cooking for dinner parties and cooking classes at public locations are also available. Please ask for details.

Michelle Palmer is a certified Ayurvedic Health Practitioner, Yoga Teacher and cook. She loves sharing her delicious, healthy food and knows from personal experience that being well-nutriented can solve most health problems. She has run cooking classes, chef services, yoga classes and Ayurvedic consultations for three years in the US and UK. Michelle studied at The Ayurvedic Institute in New Mexico with Dr. Vasant Lad. She can be contacted on 07988 848308 or at ayurvedachef@gmail.com To learn more, please visit www.michellepalmer.net



Choose your recipes! Here are some examples...

Starter:

- spicy vitality salad with honey mustard vinaigrette, pepitas and more
- curried rice with cashews, peas, peppers and sultanas
- 'Ayurvedic' south Indian style broccoli
- quinoa with caramelized onions, dill and mushrooms or courgette

Main:

- chickpea coconut curry with vegetables
- summer vegetable risotto
- spicy red lentil masala stew with vegetables
- wild mushroom ragout with barley
- kitchari, the main healing dish in Ayurveda

Dessert:

- gluten and dairy free chocolate chip cookies
- chocolate coconut 'risotto'
- white chocolate lemon (or lime) coconut bars, or black bean brownies – amazing, and gluten and dairy free!
- chai spice biscuits and authentic chai tea

Class participants receive:

- a delicious meal and cookery demonstration using exceptional ingredients, with recipes to take home
- an assessment of their Ayurvedic constitution with lists of specific foods to balance their constitution
- education on health, prevention of illness and vitality

If you have any questions about how to tailor these fun, informative evenings to your needs, please contact me. I'm sure we can find a way of creating a true dining and health experience for you and your friends.