

Cooking for Life evenings

with Michelle Palmer, Ayurvedic Practitioner, Chef & Yoga Teacher



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

The host gathers 5 or more friends for the class at £25 per person (the host does not pay). Michelle supplies the ingredients, recipes, handouts, and does all of the cooking and washing up. The finest local, organic ingredients are used. Special diets can be catered for. The host and guests can request specific health topics, or a general class.

Michelle is a certified Ayurvedic Health Practitioner, Yoga Teacher and Chef. She loves cooking delicious, healthy food tailored to the needs of those who eat it. She has run cooking classes, chef services, yoga classes and health consultations for three years in the US and UK. Michelle studied at The Ayurvedic Institute in New Mexico with Dr. Vasant Lad. For more information, please call 07988 848308 or email ayurvedachef@gmail.com

To learn more, please visit www.michellepalmer.net



Design your menu! Here are some examples:

Savouries:

- Brussels Sprouts with Spiced Maple Pecans
- Quinoa with Mushrooms (or Courgettes), Caramelized Onions, Dill and Paprika
- Curried Rice with Cashews, Peas, Peppers and Sultanas
- South Indian Style Broccoli
- Women's Rice (or aphrodisiac rice)
- Curried Sweet Potato, Carrot and Parsnip Soup
- Best Guacamole Ever!
- Curried Butternut Squash and Chard
- Punjabi-style French Beans
- Asparagus and Barley with Coriander
- Tasty Curried Chickpeas and Tomatoes
- Chickpea Coconut Curry with Vegetables
- Red Lentil Masala Spiced Stew with Courgettes and Sweet Potato
- Pad Thai with Smoked Tofu
- Tom Yum Soup
- Kitchari: yellow dal, rice, spices, ghee and vegetables: the main healing food of Ayurveda
- Wild Mushroom Ragout with Barley
- Millet Chickpea Tomato Pilaf with Paprika, Parsley and Saffron
- Risottos: Bunch of Beet Risotto, Wild Mushroom, or many other options
- Caramelized Onion and Walnut Pasta

Sweets:

- Gluten Yeast Free Raisin Pecan Bread
- Gluten & Dairy Free Chocolate Chip Cookies
- Chocolate Banana Rum Ice 'Cream'
- Amazing Black Bean Brownies
- White Chocolate Lemon (or lime) Coconut Bars – gluten and dairy free!
- Chai Spice Cookies and authentic chai tea
- Lemon Saffron Coconut Rice Pudding
- Vanilla Rose Rice Pudding