



# She Lives Fit

COOKING INSTRUCTION WITH WHITNEY WERNER, CHC

Private Cooking Lessons (Each Set of 3 Lessons): \$350.00 + tax

This is where the fun happens. In these cooking lessons, we will learn easily applicable concepts in vegan cooking that you can work into healthy, delicious meals throughout your week. I know that the hardest part of trying something new is feeling like you're going to be bad at it right away (trust me, I've made some *nasty smoothies* and really soggy tofu). So why not have some help as you get started, and know how to confidently whip up some tasty plant-based options?

## 1 CREAMY CASHEW SAUCES 1-2-3

Learn how to make a simple, creamy sauce from cashews using a high-speed blender (either your own, or provided for the lesson). Cashews are one of the easiest foods to adapt to "cream-based" recipes, if you know what you're doing. Over the course of three lessons, we will cover a basic cashew cream recipe, healthy alfredo sauce, and make a veggie-packed "cheeze" sauce. Cashew sauces are universally adaptable to all kinds of recipes such as: pastas, dressings, creamy soups, gravies, and delicious dips.

## 2 MAKING TOFU THAT DOESN'T SUCK

Let's be honest. Figuring out how to cook a spongy block of flavorless bean curd is really not a natural concept for most of us Americans (and especially Midwesterners!). So how about you get a little guidance as you add this nutritious and versatile protein to your meatless meals? In this course of three lessons, we will cover what kind of tofus to purchase for specific recipes, pressing/prepping tofu, marinades and flavors to use, and several methods of cooking and preparing this traditional protein.

## 3 CROWD PLEASERS FOR PICKY MIDWESTERNERS & OMNI-EATERS

Okay, I've been there. (Sometimes I AM there.) I know what it's like to struggle to make food your family and friends will love that is plant-based. So how about we go through a few favorites that have been kid-tested, party-pleasing, and family-holiday approved. In this series, we will go through simple-to-prepare vegan tacos, with a few meatless options, and all the fixings to make them incredible. We will try a few easy party and holiday snacks and appetizers, including buffalo cauliflower "wings," and of course include a lesson on vegan baking (brownies, anyone?).

## ADDITIONAL TOPICS AND SPECIFIC RECIPES BY REQUEST

Ask me about options if you have a special request. I can probably accommodate!

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## A FEW NOTES ABOUT COOKING LESSONS

I will provide you with a grocery list beforehand, to make sure you have the right ingredients and quantities on hand. I will also specify any special equipment and tools needed, so if you do not have them I can provide for the lesson. At the lesson, I will bring recipes for all the foods we will be preparing. In our first lesson, I will lead with instruction. For our second lesson, we will complete most of the recipe together. Our third lesson is where you get to be creative: I answer your questions, and guide you as needed with additional ideas. My aim is to help you gain confidence and experience in your plant-based kitchen, to carry forward into your lifestyle.

**Availability for cooking courses is extremely limited.** Being beautifully blessed with family and work, my appointments for classes will be contained to Thursdays, and every other Saturday. For most classes, I would recommend our lessons preparing food around 4:00, so that you have items ready for your family or self for dinner.

CONTACT ME TO SCHEDULE YOUR LESSONS: [SHELIVESFIT@GMAIL.COM](mailto:SHELIVESFIT@GMAIL.COM) OR 605-929-2777 (TEXT/CALL)