

Are your kids going vegetarian and you don't know how to cook for them?

Is your physician asking you to keep an eye on your cholesterol, high blood pressure, weight, or are you diabetic?

Then you will not want to miss this 3 day course in your neighborhood.

Come and enjoy learning how to prepare delicious, healthy, preservative-free meals from a French-trained personal chef with 15 years of culinary experience.

September 4, 2007 6 p.m.- 9 p.m.

Tasty Breakfasts/Cooking with Legumes

September 5, 2007 6 p.m. - 9 p.m.

Gourmet Dinners / Cooking with Herbs and Spices

September 6, 2007 6 p.m. - 9 p.m.

Delicious Desserts and Simple Breads



"I THINK YOU'VE CROSSED THE LINE, ALPHONSE, FROM SEASONING TO HERBAL MEDICINE."

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*Mouthwatering*

*Vegetarian Gourmet*

*Cooking Adventure*



*by*

*Miguel Larcher*

*French Trained Personal Chef*

Highway 42 Paschal

Louisville, CO 80027

ph: 303-284-6256

e-mail: [carkea@mac.com](mailto:carkea@mac.com)

your neighbor: The Seventh-Day Adventist Fellowship

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