

Vibrant Health and Seattle Center for Structural Medicine present...

Inflammation-Fighting Superfoods

Healing Whole Foods Workshops

with Natural Foods Chef DeAnn Laube

Food is truly our best medicine. Learn how to identify Superfoods that fight inflammation, along with flavorful ways to incorporate them into your daily diet. In this three class series, chef DeAnn Laube will teach you how to choose and prepare healthy anti-inflammatory fats, protective flavonoids and antioxidants, and nourishing whole grains and beans. Learn how to bring healing whole foods into your everyday life.

Powerful Antioxidants - December 14, 2011

Learn how eating a rainbow of whole foods can provide you with key antioxidants and flavonoids that can help to cool down inflammation naturally.

On the Menu:

Festive Holiday Beet Soup with Pumpkin Seed Pesto, Wilted Pomegranate Greens with an Orange Balsamic Vinaigrette, Asian Forbidden Rice Salad, and Caramelized Roasted Roots Vegetables with Truffle Oil

Healing Fats - February 9, 2012

Fats are essential to every cell in our body. Learn which fats to choose, as well as new delicious ways to include these healing fats into your diet.

On the Menu:

Massaged Kale with Apples and Candied Walnuts smothered in a Maple Balsamic Vinaigrette, Coconut Quinoa with Toasted Almonds and Currents, Nori-wrapped Salmon, and Rich Chocolate Silk Avocado Mouse

Nourishing Grains & Beans - March 22, 2012

Learn the secrets to perfectly prepared beans and wholesome grains, as well as great ideas of how to incorporate them into your daily meals.

On the Menu:

Hearty White Bean and Kale Soup, Saffron Toasted Millet with Savory Roasted Red Peppers, Creamy Spiced-up Hummus, and Warm Cranberry Quinoa Pilaf

**All classes are dairy and gluten free*



When:

Dec. 14, 2011
Feb. 9, 2012
March 22, 2012

Location:

Whole Foods
Roosevelt Square
Eat Well Kitchen

Time:

6:30pm-8:30pm

Cost:

\$45 per class or
\$120 for the series

Registration:

Contact SCFSM at
206.706.0063 or
visit www.scfsm.com
and register online
under Classes for
Clients