

# Forget Cooking!

## Introduction to Raw Food Cuisine



### Learn How To Make:

- **Almond Milk**
- **Cream of Zucchini Soup**
- **Mediterranean Kale Salad**
- **Not Tuna Pâté**
- **Zucchini Noodles Marinara**
- **Chocolate Mousse**

**bonus: raw crackers**

**When:** June 28/ 2010 /6.30 pm

**Where:** Olga's day spa

**Cost:** \$75

**To Register:** call 604-684-0555

For more information about our classes  
and to receive free recipes, visit:

**[www.olgaspa.com](http://www.olgaspa.com)**  
**or call 604-684-0555**



Dear Friend,

Chefs Olga Khrounina and Stanislav Malychev resources and tools can help you prepare and eat delicious REAL foods — fresh, organic, vegetarian, and maximally raw — the food your body was designed to assimilate. We offer group classes, products, personalized training, and private chef services. To get you started, we invite you to check out our free recipes by visiting [www.olgaspa.com](http://www.olgaspa.com) and subscribing to our mailing list. As a subscriber, you'll continue to receive new recipes and newsletters as well as notices about our classes.

With blessings of radiant health,  
Olga and Stanislav.

Olga and Stanislav are graduate of Living Light Culinary Arts Institute, where they received there certification as a Raw Culinary Arts Associate Chef and Instructor. Olga and Stanislav passionate about sharing the living foods lifestyle with others and now teaches raw culinary arts classes in Vancouver.