

# Gluten Free Cooking

with Jilian Betts

Saturdays, 10am-12.30pm

*Learn to cook a variety of tasty gluten-free meals for every occasion.*

## Session 1 - August 17th

### GLUTEN FREE BREAKFAST

- ◆ Coconut Tapioca Porridge
- ◆ Savoury Muffins
- ◆ Sweet Potato Fritters



Cost: \$20

## Session 2 - September 22nd

### GLUTEN FREE MEALS

- ◆ Pizza with Cauliflower Base
- ◆ Vege Bake
- ◆ Quinoa Salad



Cost: \$20

## Session 3 - October 19th

### GLUTEN FREE DESSERTS

- ◆ Chocolate Mud Cake
- ◆ Orange Almond Cake
- ◆ Free-form Apple Pie



Cost: \$25

## Session 4 - November 16th

### GLUTEN FREE SNACKS

- ◆ Coconut & Chive Blinis
- ◆ Gluten-free Crackers
- ◆ Spinach Parmesan White Bean Dip



Cost: \$20

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