

YoMo's Yummies

Presents

Vegetarian cooking made easy

This unique & stunning series of four workshops is thoughtfully designed & brought to you by YoMo's Yummies.

Each session will give you the foundation to confidently begin creating a broad range of delicious Vegetarian dishes that are healthy & nutritious, budget conscious & easy to create for yourself, your family & friends.

Each workshop is hands on with YoMo herself, who has nearly 30years experience with Vegetarian cuisine, & includes clear and easy written recipes to take with you, so that each time you leave you feel confident to recreate what you have learnt.

Welcoming non Vegetarians & Vegetarians alike, with no experience required, as these workshops are tailored to participant requirements.

Workshop 1: Flavour, flavour, flavour!

In this workshop, YoMo debunks the misguided myth that Vegetarian cuisine & vegetable based dishes are bland, tasteless & boring. You will learn about the use & importance of herbs & spices from different cultures that not only taste great and are good for our health, but also are an integral part of all cuisines.

For Enquiries & Bookings Phone:

YoMo: 0400 194 431

When: Saturday August 25

10am to 2pm. Cost: \$85.00

**Includes: Recipes & notes, all ingredients, hands on experience & personal guidance by YoMo, & a delicious lunch of what we have made upon completion of the workshop.



Where: Gymea Eco Retreat & Spa

128 Bonnydoon Rd, Uki 2484

www.gymearetreat.com.au

**Places are limited to 9 participants to ensure that everyone receives individual attention as required.