

Cooking Classes with Little Seed Chef

NUTRIENT DENSE, HANDS ON, WHOLESOME & SIMPLE COOKING FOR EVERYONE. SMALL INTIMATE GROUPS. ALL GLUTEN FREE AND VEGAN.

FAMILY BAKES

MAKE A SERIES OF DIFFERENT BAKES AND PICK ONE TO TAKE HOME FOR THE FAMILY AT THE END OF THE CLASS.

\$75 PER PERSON / 2 HOURS / 5:30PM TUES 10TH OCT OR THURS 23RD NOV OR MON 18TH DEC

COOKING FOR ONE

HOW TO COOK NUTRITIOUS AND SIMPLE MEALS FOR ONE PERSON. SIT DOWN TOGETHER AT THE END AND ENJOY A MEAL TOGETHER.

\$45 PER PERSON / 2 HOURS / 5:30PM THURS 26TH OCT OR TUES 21ST NOV

ONE POT WONDERS

MAKE A SERIES OF DIFFERENT ONE POT WONDERS AND PICK ONE TO TAKE HOME FOR THE FAMILY AT THE END OF THE CLASS

\$75 PER PERSON / 2 HOURS / 5:30PM WED 11TH OCT OR WED 22ND NOV OR TUES 5TH DEC

HOW TO PREPARE A WHOLESOME CHRISTMAS GATHERING BANQUET

PREPARE A FEAST THAT WILL BE SURE TO IMPRESS YOUR GUESTS AND LEAVE EVERYONE FEELING GOOD IN THEIR BODIES. INCLUDING SIMPLE STYLING EXAMPLES BY AMBIENT COLLECTIVE. ALCOHOL INCLUDED.

STAY ON AN ENJOY THE FEAST TOGETHER AS A GROUP

\$120 PER PERSON / 4 HOURS / 5:30PM SATURDAY 25TH NOVEMBER

CONDIMENTS

A SERIES OF CONDIMENTS TO ENHANCE YOUR NUTRIENT DENSE MEALS THROUGH THE WEEK SUCH AS RELISHES, SOUR CREAM, HUMMUS, PESTO, MAYO & CASHEW CREAM. TAKE YOUR SERIES OF CONDIMENTS HOME FOR THE WEEK.

\$80 PER PERSON / 2 HOURS / 5:30PM THURS 12TH OCT OR WED 15TH NOV OR WED 6TH DEC OR TUES 19TH DEC

KIDS COOKING

CAPTURE THE KIDS CREATIVITY & IMAGINATION WHILST GETTING THEM TO EAT VEGES.

BAKED ZUCCHINI FRIES / MAYO / VEGETABLE LASAGNE

ADULTS FREE, KIDS \$25 EACH / 1.5 HOURS / 3:30PM SUNDAY 5TH NOVEMBER

LITTLE SEED MENU SECRETS

LEARN HOW TO MAKE SOME OF THE FAVOURITES SUCH AS PUMPKIN DONUTS, FLATBREAD, MACADAMIA CHEESE & ALMOND CASHEW BREAD

\$50 PER PERSON / 2 HOURS / 5:30PM WED 25TH OCT OR WED 8TH NOV OR THURS 7TH DEC

THE IMPACT OF FOOD

WANT TO TAKE MORE OWNERSHIP OF YOUR RELATIONSHIP WITH FOOD BUT DON'T KNOW WHERE TO START? LEARN THE IMPORTANCE OF UNDERSTANDING THE NUTRIENT VALUE IN THE FOODS YOU EAT, HOW TO SOURCE LOCAL AND CHEMICAL FREE PRODUCE, HOW TO SET UP AND MAINTAIN A SIMPLE COMPOST AND MORE. BUILD YOUR OWN TAKE HOME WORM FARM AND A NUTRIENT DENSE VEGE PACK.

ADULTS \$75 KIDS FREE / 2 HOURS / SUNDAY 3RD DECEMBER 3PM

THESE ARE SMALL CLASSES AND SPOTS WILL FILL UP QUICK SO GET IN EARLY! HOW TO BOOK? TO REGISTER, FULL PAYMENT IS REQUIRED AT TIME OF BOOKING TO SECURE YOUR SPOT. THIS CAN BE DONE IN STORE AT LITTLE SEED.

TO TEMPORARILY HOLD A SPOT, EMAIL [GROW@LITTLESEEDRESTAURANT.COM.AU](mailto:grow@littleseedrestaurant.com.au) 07 4564 9197 100 RUSSELL ST TOOWOOMBA

LITTLE SEED