



# KIDS HEALTHY XMAS COOKING CLASSES

Xmas is a crazy time that often sees lots of high sugar treats handed out in schools and shops and by family and friends.

Send your kids to us so they can learn how to cook and eat healthy food that will be enjoyed by everyone.

On the menu:

- Cranberry Cupcakes (Veg)
- Choc Orange Bliss Balls (GF, LF, V, Veg)
- Santa Fruit Kebabs (LF, Veg)
- Xmas Pizza Scrolls (LF)

Call us today to secure your place (08) 9385 7755 or

[book online here](#)



LEADING  
NUTRITION  
EDUCATORS

2 Hours of fun in  
the Holidays

Hands on Cooking

Low sugar Xmas  
treats

For kids aged 6-16

\$75.00

Friday 14th Dec  
10 – 12pm

**NUTRITION  
FORCE**

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