

Presentation Title::

Unique Organic Raw Kale Salad & Hummus Cooking Workshop with Intuitive Cooking Expert and Author

Primary Track:

Personal Renewal

Additional Track:

General Wellness

Breakout Abstract/Program Book Listing:

♣ Intuitively have fun creating a raw kale salad with in season organic ingredients. Enjoy hands-on interactive cooking experience and learn simple natural culinary techniques: how to make 3-ingredient salad dressing, massage kale salad, and create your own hummus. Salad is vegan, gluten-free, dairy-free with sunflower seeds. Get tips on how to shop for local in season veggies, learn how to intuitively cook with real whole foods, and mindfully enjoy your salad with community.

Objective 1::

Make 3-ingredient salad dressing, with an acid, fat and salt.

Objective 2::

Massage kale to break down the fiber and create a delicious salad.

Objective 3::

Create simple hummus with chickpeas, garlic, lemon, and tahini.

Instructional Level:

Introductory

Primary Teaching Method:

Experiential or Participatory Activity (e.g., practice using a skill)¹

Additional Teaching Method:

Group Discussion or Roundtable

Total Score:	25.00
Relevance and Value:	5
Learning Objectives:	5
Teaching Methods:	0
Evidence-based/Best Practices:	5
References:	0
Practical Application:	5
Practical Tools:	5

Please select (1) main track YOU think this session best fits.:

General
Wellness

Select one (1) additional sub-track YOU think this session best fits into. If you do not feel it fits into multiple tracks, please select "none.":

Physical
Wellness2

Would you recommend this program?:

Yes, 90 minute

Please share any additional comments about this proposal:

This is different and fun. I've never experienced a hands-on natural foods workshop. There are plenty of cooking and food preparation workshops at conference, but very rarely, in my experience, never an opportunity for participants to get in and experience how to handle fresh fruits and vegetables, while learning additional methods of natural food preparation. Great idea. Where do I sign up?