

A close-up photograph of a white ceramic bowl filled with a vibrant plant-based meal. The bowl contains green leafy vegetables, sliced avocado, and golden-brown fried items. The bowl sits on a wooden cutting board with a silver fork resting on it. The background is softly blurred, showing a wooden table and a person's legs in the distance.

ON DEMAND | 3 HRS

# Simple Delights

A plant-based cooking workshop

## Cook and enjoy simple and tasty plant-based meals

This hands-on cooking workshop will teach you how to put together a nutritious three course meal based on seasonal, organic vegetables.

You will co-create a starter, main course and dessert together with the other participants and learn about the health benefits of plant-based cooking.

We will also discuss why buying local is important and you will get ideas for alternatives to processed food items.

This workshop focuses on simplicity and mindfulness while cooking and all dishes are easy to prepare.

There will be plenty of time to sit back and enjoy your meal after we are done and you will also get inspiration on how to continue experimenting in your own kitchen.



**Caroline Yazı | Holistic Life Coach**

I offer inspiration and support for a holistic lifestyle to motivated individuals and groups.

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