

**This class is very popular, so sign up ASAP to save a spot!**



## GOING COCONUTS...

A HANDS ON WORKSHOP FOR  
THOSE OF US WHO LOVE COCONUTS!!!!



Come learn all about the nutrient value of young coconuts



Learn a simple and safe method to open coconuts

Learn to make:



Heirloom Tomatoes, Basil, and Coconut \*

Red Bell Pepper Coconut Soup,\* Coconut Pad Thai,\*

Razzle Dazzle Parfait with Coconut Dream Whipping Cream\*

Coconut Almond Milk,\* Coconut Vanilla Mystic,\*

Fresh Meyer Lemon and Lavender Coconut Cheesecake \*



**TIME:** 2:00 pm — 5:00pm Sunday Sept 21, 2008

**COST:** \$85 (\$25 non refundable deposit )

**REGISTER:** (and held at Fresh Prep):

504 Front St., Santa Cruz

831-429-1390 (or call Robyn for more info 831-600-8248)

Reserve a spot early: There is limited space available. This is an extremely popular class and it fills fast!

[www.rawsomerecipes.com](http://www.rawsomerecipes.com)

