

# GLUTEN-FREE COOKING CLASSES



## *CULINARY BOOTCAMP: GLUTEN-FREE BAKING*

Get your hands dirty in the South Health Campus Wellness Kitchen! Join registered nutritionist Kristyn Hall & bake up delectable dishes using gluten-free flours and ingredients!

- ▶ Discuss gluten-free flours & their unique properties
- ▶ Work with gluten-free flours & lentils
- ▶ Taste delicious gluten-free baking
- ▶ Discuss the nutritional challenges of eating gluten-free
- ▶ Share recipes, ideas & tips for gluten-free baking

**Date:** Tuesday, October 28, 6:00 - 8:30 pm

**Location:** Wellness Kitchen in the South Health Campus  
Wellness Centre (Main floor)  
4448 Front Street SE Calgary AB

*Canadian Celiac Association Members receive a \$10 discount*

- ▣ SCUMPTIOUS GLUTEN-FREE RECIPES ▣ GLUTEN-FREE RESOURCE PACKAGE ▣
- ▣ INSPIRATION AND IDEAS TO HELP YOU CONFIDENTLY ENJOY GREAT TASTING FOODS EVERY DAY ▣
- ▣ [WWW.NUTRITIONANDCULINARYSOLUTIONS.CA/UPCOMING-CLASSES-EVENTS](http://WWW.NUTRITIONANDCULINARYSOLUTIONS.CA/UPCOMING-CLASSES-EVENTS) ▣



KRISTYN HALL MSc RD  
FOOD, NUTRITION AND CULINARY COACH

## *CULINARY DEMONSTRATION: GLUTEN-FREE TAPAS*

Join registered nutritionist Kristyn Hall for an evening of gluten-free tapas!

- ▶ Work with unique and nutrient-packed whole foods
- ▶ Prepare and taste gluten-free tapas
- ▶ Discuss strategies for entertaining gluten-free
- ▶ Learn to identify hidden sources of gluten

**Date:** Wednesday, November 12, 6:-00 - 7:30 pm

**Location:** Wellness Kitchen in the South Health Campus  
Wellness Centre (Main floor)  
4448 Front Street SE Calgary AB

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**REGISTER NOW! [WWW.NUTRITIONANDCULINARYSOLUTIONS.CA](http://WWW.NUTRITIONANDCULINARYSOLUTIONS.CA)**

QUESTIONS? CONTACT KRISTYN HALL AT 403.874.1715 OR [KHALL@NUTRITIONANDCULINARYSOLUTIONS.CA](mailto:KHALL@NUTRITIONANDCULINARYSOLUTIONS.CA)