

Cook Your Way to Greater Health
With My Healthy Cooking Classes!

It All Starts With Food



I have extensive experience in recipe development, therapeutic foods and cooking for health. I can help you learn how to prepare amazing meals, while having a blast in the kitchen.

Each class is themed on a specific wellness area e.g. cooking for hormonal health, better digestion, energy & vitality, meal prepping, etc.

During the class, you will learn how to prepare and cook everyday healthy recipes related to the theme, whilst learning about the nutritional powerhouse of plant-based foods that help support your health & well-being. All dishes are meat, gluten and dairy-free.

You will leave with a wealth of knowledge, handouts and all the recipes made that were made.

[CHECK MY WEBSITE FOR UP-TO-DATE CLASSES AND WORKSHOPS](#)