



Healthy Holiday Cooking Classes

**Feel Good—Look Good
This Holiday Season**

Enjoy all the tasty treats of the holiday season without the guilt, weight gain, fatigue and bloat.

Don't miss this hands on class where Erin Palmer, CNHP will teach you how to make 12 simple recipes guaranteed to satisfy any craving this holiday season!



**Only 20 spots available
signup today!**

All classes will take place at Bayou City CrossFit in the kitchen upstairs in the small building.

• **Sunday, Nov. 2nd @ 5pm**

Tasty Appetizers:

Savory Sweet Potato Balls
Sweet & Crunchy Munchy Mix
Individual Veggie Egg Bakes
Garlic “Cheese” Dip

• **Sunday, Nov. 9th @ 5pm**

Delicious Entrees:

Pesto Encrusted Chicken
Comfort Food Squash Soup
Meatloaf
Wild Rice Casserole

• **Sunday, Nov. 16th @ 5pm**

Mouth-Watering Desserts:

Apple Pie
Pumpkin Pie
Chocolate Pie
Chocolate Chip Cookies

Sign up and pre-pay at Bayou City CrossFit by 8pm the Thursday previous to each class.

Price per class: \$60

**includes ingredients, recipes, wine, guidance & FUN*

Bring storage containers to take your creations home in!!!