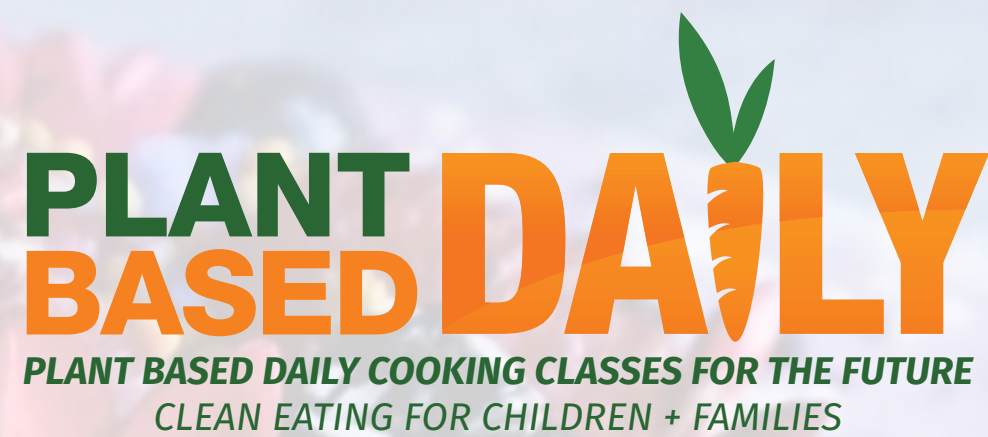


**PLANT**  
**BASED DAILY**



**DAILY**

***PLANT BASED DAILY COOKING CLASSES FOR THE FUTURE***  
***CLEAN EATING FOR CHILDREN + FAMILIES***



## **Welcome to Plant Based Daily's - Little Chef's Kitchen**

*Plant Based Daily's - Little Chef's Kitchen is a place where children of all ages and abilities can explore their creativity and develop life long skills as they learn to make fun foods and foster healthy eating habits.*

***There are so many benefits to getting kids in the kitchen. Here's a list just to name a few:***

### *Social & Emotional Benefits of Cooking*

*Improves self confidence and self esteem  
Encourages creativity and imagination  
Teaches responsibility, time management, and organizational skills  
Provides opportunities for parent and sibling bonding  
Encourages communication and teamwork  
Teaches planning and thinking skills*

### *Physical & Nutritional Benefits of Cooking*

*Develops small motor skills and physical coordination  
Encourages kids to try healthy foods  
Kids are more likely to eat foods they prepare  
Keeps kids away from the TV, video games, and junk food  
Engaging kids in a healthy activity*

### *Academic Benefits of Cooking*

*Teaches fundamental reading, math, science, and reasoning skills  
Teaches how things change*



***SOMETHING SWEET***



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### *Lavender Flaxseed Animal Crackers*

*Wheat flour, flaxseed, filtered water, essential oil of lavender, coconut oil, coconut sugar, maple.*

### *Raw Beet Lavender Cheesecake Bites*

*Cashews, beet juice, beet pulp, dates, coconut oil, essential oil of Lavender.  
Crust: almonds, pecans, dates, coconut oil, sea salt.*

### *Raw Chocolate Covered Banana Pops*

*Banana, cacao powder, cacao butter, coconut oil, cacao nibs, agave, goji berries, coconut flakes, bee pollen, rose petals, etc.*

### *Superfood Seed + Almond Energy Bites*

*Oats, almond butter, flaxseed, chocolate, goji berries, pumpkin seeds, maple syrup, vanilla, cinnamon.*

### *Apricot date bars*

*Almond, oats, dates, apricot, cinnamon, coconut oil, vanilla, sea salt.*

### *Rainbow Banana "Nice Cream"*

*Banana, beetroot, strawberry, blue majik powder, blueberries, cacao powder, vanilla, almond milk.*

### *Oatmeal Maca Cookies*

*Oats, banana, wheat flour, maca, flaxseed, coconut oil, goji berries, cacao nibs.*



### *Rainbow Coconut Yogurt Popsicles*

*Coconut yogurt, blueberries, blue majik powder, strawberries, beet, pitaya, mango, pineapple, spinach, spirulina.*

### *Almond Butter Cacao Popsicles*

*Almond butter, almond milk, cacao powder, banana, vanilla.*

### *Cacao Candy Bar Pie*

*Pretzels. Cacao, almond butter, dates, almonds, flaxseeds, coconut flakes, dates, vanilla, almond milk, coconut oil.*

### *Spirulina Cassava Panakes*

*Cassava flour, whole wheat flour, banana, eggs or “flax eggs”, almond milk, vanilla, cinnamon, coconut oil.*

### *J’adore Crepes*

*Oat milk, lemon juice, wheat or buckwheat flour, lemon juice, coconut oil, apple cider vinegar, nutritional yeast, salt. Toppings: seasonal fruit, almond or cashew butter, superfoods.*

### *Pink Beetroot Cupcakes*

*Beet, apple, whole wheat flour, baking soda, coconut milk, apple cider vinegar. Frosting: avocado, coconut oil, confectioners sugar, vanilla, almond milk.*

### *Matcha Banana Bread Muffins*

*Banana, flaxseed, coconut sugar, brown sugar, almond milk, maple syrup, dark chocolate chips, matcha, baking powder, sea salt.*





### *Miso Chocolate Chip Cookies*

*Wheat flour, red or white miso, coconut oil, eggs, vanilla, baking soda, chocolate chips, xylitol.*

### *Golden Chia pudding parfait*

*Coconut yogurt. Seasonal fruit. Chia seeds, almond milk, buckwheat groats, maple, cinnamon, turmeric, cardamom, black pepper.*

### *Carrot Cupcakes*

*Buckwheat flour, cinnamon, nutmeg, almond milk, grapeseed oil, xylitol, vanilla, carrots, coconut flakes, peaches. Lemon frosting: cashew "cream cheese," agave, lemon.*



***SOMETHING SAVORY***

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### **Super seed crackers**

Pumpkin seeds, flaxseeds, sesame seeds, chia seeds, almond meal, filtered water, sea salt.

### **Cheesy kale chips**

Kale, coconut oil. Cashew nacho cheese sauce: cashews, red bell pepper, garlic, nutritional yeast, filtered water, chipotle, sea salt.

### **Chickpea Pancakes**

Chickpea flour, minced veggies, green onion, eggs, turmeric, black pepper, sea salt. Topped with avocado and mango salsa.

### **More Pizza please**

Cauliflower or zucchini crust pizza, wheat or gluten free flour, almond flour, polenta, olive oil, baking powder, nutritional yeast, sea salt. Sun dried tomato sauce: cashews, sun dried tomatoes, lemon juice, olive oil, almond butter, maple syrup, tamari, smoked paprika, filtered water, chipotle, sea salt, baby spinach, chickpeas, leeks, olive oil, micro basil.

### **Aloo parathas**

Indian stuffed bread. Sweet potatoes, turmeric, garam masala, cumin seeds, ghee, carrots, cilantro, ginger, cinnamon, sea salt.

### **Cheesy cauliflower tots**

Cauliflower, rice flour, water. Cashew nacho cheese sauce: cashews, red bell pepper, garlic, nutritional yeast, filtered water, chipotle, sea salt.





### **Butternut Squash Nachos**

Black bean puree, butternut - cashew nacho cheese sauce, guacamole, corn tortilla chips, lacto purple cabbage, shallots, tomato salsa, cilantro.

### **Beet Hummus Dip**

Cashew cheese dip, green pea dip with mini veggie cars with crudite. Peas, cilantro, tahini, lemon juice, water, salt, pepper. Beet hummus: beets, chickpeas, garlic, tahini, lemon, salt.

### **Green Spirulina Cheesy Popcorn**

Popcorn, spirulina, nutritional yeast, coconut oil, turmeric, sea salt, black pepper.

### **Zucchini pasta with lentil falafels**

Zucchini, carrot, basil, cherry tomatoes, lentils, shallot, oats, olive oil, tamari, balsamic vinegar, white pepper, nutritional yeast, fennel seed, nutritional yeast, sesame seed, sea salt, pepper.  
Cashew Alfredo sauce: cashews, shallot, garlic, filtered water, nutritional yeast, black pepper, lemon juice.

### **Rainbow Veggie Noritos**

Sushi rice, nori, avocado, cucumber, bell pepper, carrot, spinach, etc.  
Almond butter dipping sauce.





# ***RATES***

*250€ for Private cooking class.  
100€ per child for Group cooking class.*