

OCT COOKING CLASSES

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
		4-Day Raw Food Intensive 2-5 OCT 2 Classes /Day = 8 Classes				
7	8	9	10	11	12	13
Raw Food Chef Training LEVEL 1 - 7-20 OCT See: www.sayurihealingsfood.com						
14	15	16	17	18	19	20
Raw Food Chef Training LEVEL 1 - 7-20 OCT See: www.sayurihealingsfood.com						
21	22	23	24	25	26	27
Raw Food Chef Training LEVEL 2 - 21-27 OCT See: www.sayurihealingsfood.com						
28	29	30	31			

RAW FOOD INTRO

"Healthy and quick brunch without dehydrator"

Talk: what is and why raw food, how to start raw living lifestyle, equipment, ingredient preparation
Menu : nut milk / chia porridge/ pasta marinara/ raw-mesan/ yogi's must-bliss ball

RAW DESSERTS 1

Talk: natural sweeteners, cacao, swirl technique, flavors & extracts
Menu: Raw chocolate with superfoods, truffle/soft center chocolate, cheesecake and its crust with swirl.

MASTER CLASSES

For further details on all **Master Classes** with Guest Chefs or the Sayuri Healing Food Team, please contact:
education@sayurihealingfood.com

RAW DESSERTS 2

Talk: healthy desserts without dehydrating, raw cake components, flavor variations.
Menu: carrot cake and its frosting, chocolate brownie & quick vanilla ice cream & chocolate ganache sauce.

PRICING

GROUP CLASS (2 HOURS)
(all classes except Master Classes)
600,000 IDR per person

PRIVATE CLASS (2 HOURS)
1 person 1,800,000 IDR
2 people 1,350,000 IDR / person
3 people 950,000 IDR / person
4 people 800,000 IDR / person
5 or more people 600,000 IDR / p.

FERMENTATION BASICS

Talk: Fermented drinks and foods & their benefits.
Menu: Kimchi, water kefir, kombucha, coconut yoghurt & fruit parfait, raw nut soft cheese fermentation

To discuss menu & schedule for private classes or for further details on Master Classes, please contact:
education@saurihealingfood.com

RAW BALINESE & ASIAN

Menu: Balinese seasoning & spices / jicama rice / sate ~Balinese kofta~ / sambal balado ~ spicy tomato sauce~ /sayur urab ~Balinese flavored veggies~ / sambal mata

GOURMET RAW ITALIAN

Menu: Pate/ Alfredo sauce / canelloni or pasta with sauce / Chef Arif's special easy mini lasagna

BOOKING To secure a spot and confirm your participation please come to the café and pay the full class amount by 24 hours before your desired class starting time.