



DEHYDRATING MASTERCLASS

Saturday 3rd October

at Loose Produce 2 Hobbs Avenue Como

Loose Produce is now selling **Excalibur Dehydrators**, and to celebrate we're running another special **Dehydration Masterclass** teaching you everything you need to know to get started producing your own **dehydrated** food.

In this demonstration class, you will learn how to make: **Breads and Crackers, Fruit Leather, Wraps, "Granola" cereal, Burgers, Felafel, Quiches and Drying Fruits and Vegetables**

PLUS you'll learn how to: **Use organic nuts, seeds and produce to produce nutritious wholefoods, Save money by making your own gluten-free foods, and by drying excess fruit and vegetables, Sprout nuts, seeds and grains, Choose produce, Make your own recipes, and lots more!**

You'll receive handouts with all the information and recipes you need to get started, including how-to's and a shopping list for all the ingredients you need for successful **dehydrating**. And you'll get to try some **dehydrated** goodies that we have made beforehand.

This class is naturally gluten-free, uses organic produce where possible, and promotes **dehydration** below 41 degrees for maximum nutrition.

Cost: \$73.00 per person

Time: 1pm – 4pm

LIMITED PLACES

BOOK NOW ON (08) 9474 9100