



What is a raw & living food diet?

That is a very good question! Eating raw & living food seems to be different for different

people. Speaking from my own experience, here's my answer:

A living food diet for me is one that contains the most enzyme-rich vegan food. It is a way of eating that consists of less dehydrating and more sprouted food. I'm talking about fruits, vegetables, sprouted nuts, seeds and grains. When I eat living food I want to dance & sing. I just find that the food tastes so much better & my tummy is happiest (meaning most satiated & satisfied) when I eat this way. I really feel fed is what I want to share with you.

The best part, however, about eating raw/living food is that I'm learning how to be gentle with myself, to listen to what my body (& mind, spirit & soul) really wants. And I don't know how to say this other than to just say it: I feel as though I'm giving myself the best gift in the world... To be able to be present & healthy & happy for me, my husband and my kids is just like, I don't know, better than sliced bread! HA!

Thank you for reading! Please email me at linda@vt-fiddle.com or call me at 802-229-4496. I'd love to see where you are on your living food journey & ask you how you want me to support you.

Have a rawsome day!
Linda

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1-Hour demonstrations are *such* a fun way to start discovering raw & living foods. Bring a friend & expect to have a great time.

You'll gain new tips & awareness in healthy eating & you'll learn a new recipe. You'll also sample other raw food cuisine!



Raw & Living Food Demonstrations



1-hour workshops to learn 1 new recipe each month, sample raw cuisine & ask questions!

1-Hour Demonstrations

These raw & living food demonstrations are a 1-hour workshop where you will:

- learn a new recipe
- sample raw cuisine
- acquire information about raw & living food.

This is a great & economical way to learn more about the living food life-style.

If you are new to raw food, you'll be amazed by the taste & variety of the food. You'll also enjoy the quick & easy recipes which you can incorporate into your own diet no matter what % of living food you choose to eat.

Bring a pen/pencil, ask me questions & come with a big smile. We'll have fun for sure!



September – Apple Sauce

Boy, this recipe will amaze you for sure. It's so quick, easy & delicious! You'll wonder why you've slaved over boiling pots all these years. Apple sauce is a great snack to give yourself & your kids. Eat it for breakfast. Use it with your raw cereals & porridges. Use it in your smoothies. Eat it with raw breads. Make cookies & sweet breads with it or just eat it as it is.

Where: 23 Calais Road, Worcester
When: Wednesday nights from 6:30 – 7:30 pm

Where: City Market, 82 South Winooski Ave., Burlington

When: Saturday, Sept. 23rd from 1 – 2 pm

How much: \$10

October – Broccomole

Fun name, fun & easy recipe! Technically, it's a dip. Heat it up & you'll have a very tasty soup! Use it on salads or in wraps. Use it as a marinade. I've made delicious crackers out of it as well. Try it on your raw or cooked pasta, too, for something different.

Where & When: see other details...

How much: \$10

November – Pumpkin Pie

I know what you are thinking: Raw Pumpkin Pie? That's crazy! Nope. It's delicious. This pie is one that you'll want to have for breakfast – & here's the kicker: YOU CAN!

Where & When: see other details...

How much: \$10

December – Cauliflower Chowder

Even people who eat raw food want soup in the winter time! I'm here to help dispel any myths you have. This soup is thick, creamy & perfect with a salad, raw crackers or any food complement you'd like to make for it. YUM! Can't wait for the cold!

Where & When: see other details...

How much: \$10

Other details...

The above-mentioned demonstrations occur on Wednesday nights in Worcester from 6:30 – 7:30 pm. Please call me to register.

Dates for future demonstrations at City Market & other co-ops to be announced soon. Please call me for details or check my website for updates.

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