onaka
optimum nutrition and kitchen arts

Food Intolerance & Digestive Health Talks & Cooking Series

Having a healthy digestive system is very important. There is an increasingly number of adults and children having some degree of intolerance to certain foods. At Onaka each month, we offer workshops/talks and cooking classes to educate on this topic.

BAKING: GLUTEN, DAIRY, EGG, SOY & CORN FREE

"Food Intolerance Cooking with Louise" - Sat 8th Oct 3pm

Do you miss Freshly Baked Bread, Cakes, Cookies & Muffins? If you are looking to avoid Gluten, Dairy, Egg, Corn or Soy for any reason, come along and meet other people in the same situation. And learn from an Expat Mum who is living in Singapore and managing to get her young children to love gluten, dairy, egg, soy & corn free baking & not miss out on these family favourites.

At each class, your will learn:

- ✓ Unique and specialty ingredients, buying & storage
- ✓ Preparation methods and techniques
- ✓ 3 easy to prepare recipes – they don't include any obvious nuts, fish, or shellfish too

FOOD INTOLERANCE COOKING WITH LOUISE: October Menu

Fresh Bread in a Breadmaker
Delicious Muffins
Yeast-free Flat Bread

***menu is subjected to last minute changes due to availability of ingredients

Louise Shenton
Founder of "Food Intolerance in Singapore" Support Group on Facebook

British mother of two hungry boys, age 4 ½ and 2 years old, Louise has been experimenting "cooking without gluten, dairy, egg and soy" since 1999. She has lived in Singapore for the past 3 years and before that in Japan, Australian & England. She started "Food Intolerance Coffee Mornings" at Onaka, Rochester Park on 1st Mondays of every month to network and provided support to individuals and mothers having similar concerns. Louise has had fun adapting her and her family's diets and sourcing ingredients. She enjoys re-creating popular Asian & Western dishes to suit their diets, and baking family favourites that keep the kids happy.

Format:	Demo Cooking Class + Food Tasting		
Date:	**8 October 2011 (Sat)** - (subsequently 1st Sat of every month)		
Time:	3:00 - 5:00pm	Venue:	Onaka@ Biopolis Cooking Studio
Fee:	$60 per person or $50 per person if you bring a friend (excludes GST)		
Minimum:	8 persons	Maximum:	16 persons

For enquires on the class or class reservation, please email info@onakagroup.com or call 98582048

Onaka Healing Kitchen @ The Biopolis
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