

On the Menu

Cooking Classes at Marlene's



SmartRaw Cuisine Part 7: Family Matters
With Mia Dalene and David Hempseed
Saturday, July 24,

11 am – 2:30 pm, \$45 (\$40 when registering for 3 consecutive classes), Federal Way

Finally, recipes your family will eat without a fuss! Using the SmartRawFood method, Mia and David teach you how to save money, time and most importantly, your energy! Recipes and samples for this class include various flavors of Kale Chips (including the popular “Nacho ChiZ”), which are lighter than popcorn, crispier than a chip, and packed with nutrition, all for just pennies on the dollar. Students will also learn to make Easy Chocolate Mousse, Sloppy Uncle Joes with Mia’s signature barbecue sauce, “meit” (meat substitute) and buns, and Spaghetti with It-Tastes-Cooked-Marinara.



Soothing Gingivitis with Natural Foods
With Ava Waits, NC
Tuesday, July 27, 7 pm,
FREE Tacoma

The health of your mouth is a reflection of the health of your entire body, and everything you put on your plate. Join Everything Holistic Health Counselor Ava Waits for this step-by-step guide to choosing foods to support your gum health. Attendees will explore meals that help ease the symptoms of gingivitis, which foods leach nutrients from gum tissue and teeth, and how to avoid those foods while still eating satisfying meals. If you have four months until your next dental cleaning, you have 360 meals to start taking care of your precious gum line. Don't miss it!



You Won't Miss The Salt!

My name is June Jones and I live in Tacoma, Washington. I have been a hairdresser for 28 years and I continue to love my career. Now, at 47 years old, I surprisingly have stumbled on a new adventure in my life. Over the last several years I have developed a salt free product out of concern for others who have heart problems.

One day when I was doing one of my elderly clients hair, she was discussing with me how her husband had recently been advised to cut the salt out of his diet due to his heart condition. She was distraught because they had tried many salt substitutes on the market and could not tolerate the taste of any of them. So she continued to use salt. In the same time frame my brother had a heart attack. He pulled through thankfully, but he had also received instructions from his doctor to cut the salt out of his diet. My brother shared with me that he could not tolerate the taste of salt substitutes that he had tried.

I was very concerned about both situations, but I had been unaware that too much salt in the diet could be so unhealthy. I tried a number of salt substitutes myself and realized why it was so difficult to follow doctor's orders. I got busy doing research and put a salt free seasoning together. It took time and a lot of work. I took some over to my client's house and sent some to my brother in North Carolina. **THEY LOVED IT!** I realized I had to share this with others so they could also have the opportunity to enjoy the enjoyment of their food once again.

I continued to refine my recipe since then and it has taken me 6 years to make it presentable to the public, **BUT I DID IT!** Now you can enjoy your meals with a delicious and healthy, salt-free product, June's Mock Salt.

For more information you can call 1-888-882-8202 or go to jonesmocksalt.com

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