



**TANJA JOHNSTON**  
UPGRADE YOUR HEALTH

## MY KIDS RAW COOKING CLASSES

- Apple Skin Bird's Nest with Sprouted Cookie Dough Eggs
- Blueberry Chocolate Pudding
- Coco-Choco Pudding
- Fly Agaric – Red Apple Mushroom Head with white Coconut Dots
- Frosty - the Sticky Puffed Quinoa Snowman
- Green & orange Ice cream with Strawberry Blood
- Popeye Drink - Green smoothie
- O Tannenbaum – Kiwi Christmas Tree with Coconut Snow
- Raw Gingerbread Man
- Raw Spaghetti Ice Cream with Chocolate Meatballs and Strawberry Sauce topped with Coconut Parmesan
- Rockstar Bling – Cookie Dough Rock on an Asian Pear Star
- Schwarzwald Ice Cream – Austrian Specialty
- Smashed Pumpkin Brain Pudding with Strawberry Blood
- Sprouted Crumble Apple Pie a la Monde
- Sunny-side up Fried Egg Ice Cream

**No refined products such as oils, sugars, flours or milks! Just whole plant-based foods!**

**LEARN**

about the foods we are going to use in the dish

**15 Minutes**

**MAKE**

blend, stir, form into the final dish

**15 Minutes**

**ENJOY**

Eat it with your friends.

**5 Minutes**

\$100/class plus reimbursement for food (ca. \$3/serving)