

October 18th

Food is Medicine Cooking Classes

November 15th

2-4pm \$110

Ayurvedic Healing Kitchen

- Parippu Dal- Golden red lentil dal
- Matar Pulao- Basmati flavored rice
- Kadipata Aloo- Potatoes with curry leaves
- Dhania Chuntney-Fresh cilantro sauce

Education about Indian spices

How to build an Indian spice box

Takeaway Spices and recipe cards

Mini sound bath

Tastings



2-4pm \$120

Autumn Harvest Kitchen

- Smoked roasted beet and citrus salad with pistachio and orange vinaigrette
- Sweet potato gnocchi
- Cashew thyme sauce
- Mushroom umami powder

Learn Le Cordon Bleu Techniques

How to plate like Le Cordon Bleu style

Mini sound bath

Tastings




Marrigold

AWAKEN • HEAL • BLOSSOM

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Vegan, Gluten-free, Soy free, Corn free, Canola oil free

