

CLEAN NATURE



## Ayurvedic Cooking Demo



\$350 for 90 minute demo

2-4 guests

\$50 / head 5+

### **What's Included:**

Groceries, equipment, set-up  
and cleanup

### **What you Get:**

Keepsake informational  
sheet or menu with recipe

Edible food or beverage at  
the end of or during the  
demo

### **Demos are immersive and educational**

Sample culinary demos  
include but are not limited to:

Whole Wheat Chapati Bread  
Homemade Ghee  
Fresh Almond Milk and  
Traditional Turmeric Lattes  
Infused Oils, Vinegars, and  
Salts

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I aim to buy 90% organic, always favoring prana-rich fresh produce, quality herbs, spices, and pantry staples.

Additional requests subject to additional fees.

My services include travel for up to a 20 mile radius. \$1 / .5 miles if traveling beyond.

Cooking is done on-site.

**Level up your retreats by adding an Ayurvedic Cooking Demo!**

