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Smoothies, Juices, Mylks and Soups

Here is not only your Liquid Lunch but breakfast, dinner and snacks as well. Learn the difference between blended and juiced beverages and learn ...

- * How to make non-dairy nut and seed mylks.
- * How to make creamy vegetable soup in less than 10 minutes.
- * How to make smoothies with fruits, vegetables, and “mylks”.
- * How to make puddings.

MENU: Mango Madness, Banana Blueberry Brew, Strawberry Almond Mylk, Chia Pudding, V-7 Juice, Gazpacho and Cream of Zucchini Soup.