

HEAD

# not The Cooking Show™

the magic of raw foods cuisine



a practical guide to selecting, preparing and enjoying raw foods

# Not The Cooking School

**Raw with Life** Experience healthy living with raw  
**now presents:** vibrant foods. Join our fun classes and  
learn to prepare exotic dishes, with ease.

**with:** **Paul Benhaim** Not The Cooking Show presenter  
Author of Living Food Recipes and other books  
**Barry Forrester** Super-Living Foods Chef

**NEXT DATE:**

1/2 DAY or EVENING  
Practical Living Foods  
COOKING SCHOOL

fresh



fun



**Living Foods** are not only healthy but completely delicious. With exotic ingredients and combinations that go beyond the conventional into the divine.

Laugh, learn and be inspired with a whole new style of food preparation. Fast, simple and easy to clean up!

Enjoy delicious guilt-free cakes. Feel revitalized & rejuvenated. Beam with boundless beauty.



Something refreshingly new.  
Something for you,  
your family and friends.

WARNING! Not cooking will change your life by saving you \$\$ on health and beauty care



Suitable for beginners, chefs, nutritionists and children. Also available at home, your school or corporation. Call for group events.

For more information and venue of the next Not Cooking School closest to you, contact:

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[www.alivefoods.com](http://www.alivefoods.com)

