

# nutritional NINJAS

www.nutritionalninjas.co.uk

WE PROVIDE INGREDIENTS  
& EQUIPMENT !

Our classes allow children to learn a variety of cooking skills that will carry them through into later life.

Food hygiene, preparation, knife techniques, measuring ingredients as well as to value what is good for them nutritionally.

Learn to make: Ice cream cupcakes, flatbreads, veggie muffins and many more! Simply pop them in the oven at home to enjoy fresh with the family.

Spaces are limited & are allocated on a first come, first served basis

## All about NINJA CLASSES

LOCATION: Connaught

DAY: Friday

TIME: 3:15 - 4:15pm

PRICE: £80 (includes all ingredients)

DURATION: 10 weeks

CLUB DATES:

May: 3rd, 10th, 17th, 24th

June: 7th, 14th, 21st, 28th

July: 5th, 12th

**BUILD YOUR OWN RECIPE COLLECTION !**

Collect your new recipe card every week so you can cook recipes you've learnt again and again



Please visit our website [www.nutritionalninjas.co.uk](http://www.nutritionalninjas.co.uk) to book your child's space!