

Announcing our 25th Anniversary Event ...

**SOAK ~ SPROUT ~ SOURDOUGH ...
WHOLE GRAINS the HOLY LIVING WAY**

FRIDAY & SATURDAY October 12th & 13th, 2018 8:30 am to 3 pm



An Unprecedented Double Feature

- *Linda Cox*, a self taught whole grain nutrition expert, who spoke to our sell out crowd in 2011, now resides in Indiana.
- *Debbie Deitz*, our dynamo demonstrator, who creates delicious recipes ever since Linda introduced Soaked & Dehydrated Grains, now resides in Colorado!

LINDA revisiting 2011 presentations:

Friday AM: Whole Grain Nutrition,
Soaking & Sprouting.

Saturday AM: Sourdough,
The Theology of Food.

DEBBIE afternoon DEMOS:

Bagels, English Muffins, Sourdough Brownies
Spreads from nut, cream cheese & bean base
Sizzle Pot Basics & Creative Recipes
Homemade Ice Cream & Yummy Toppings
Who knows what else she has up her sleeve?

**Price includes notebook full of recipes &
instructions, Friday & Saturday Breakfast, Lunch &
Workshops, Desserts, Door Prizes, & Sourdough Starter**

PURCHASE TICKETS at
EVENT BRITE, our website
or call Margaret
Friday OR Saturday \$59 ~
Both Days \$109
Add Spouse or Child \$49
Both Days \$89

Join us at ...
The Palmer Granary
15091 E Lazy Lady Lane
More info at
www.wholyliving.com
Questions? Call or text
Margaret at 354-4115