

Workshop Title: Living Gluten and Dairy Free

Duration: 45mins-60 mins

Objectives:

- Learn the various flours for gluten free cooking and their unique attributes
- Learn about the reasons why one might consider practicing a gluten and dairy free diet
- Understand how to make your own nut milks
- Get information on resources for recipes and ingredients that are considered staples in gluten-free cooking
- Gain an appreciation for the diverse solutions created by international cultures

Materials needed:

- Nuts of Choice (Almonds, Walnuts, Cashew, Sunflower, etc)
- Flour and Blends (Namaste Perfect Flour Blend, Brown Rice Flour, Almond Meal, Coconut Flour, etc)
- Table Cloth
- Blender
- Nut Milk Bags (Make sure to have multiple available)
- Small Sample drinking cups
- A lot of water (For making the milks and for cleaning out the blender if you do not have a faucet near you)
- Ingredients as dictated by the recipes chosen for sampling
- Jars

Overview of Lesson/ Lesson Details

- The lesson will begin with a personal account of becoming Gluten and Dairy Free, from learning about cleanses to finding out how Gluten and Dairy Based diets were harmful for the body. This is a means of connecting with the audience, especially if they're in a similar path. Allow for participants to answer questions on who else abides by a gluten/dairy free diet, what are some of the challenges and rewards they've come across living it and why they decided to go that route.
- We go over the different kinds of Flours, Milks and ingredients that are used in the chosen example recipes. Samples of these recipes will be provided for the audience to try and experience themselves. Gluten Free baking comes with many challenges and it's vital to give insight into the difficulties of cooking without the staples in baking. Share the free samples of the prepared recipes to give them a tasting experience. Be honest if something didn't come out the way you intended. Most people tend to be very forgiving especially since you're providing for them free food.
- While they enjoy samples, start introducing the Nut Milks. Explain how Nut Milks are very easy to create and begin the demonstration by mixing the water and nuts in the blender, blending them then emptying the milk

into a pourable pitcher. Pass out cups of the milk and make sure to have labels so that you don't mix them up. I recommend having nut milk already prepared before the workshop in case something happens to the blender during the demo.

- The lesson will end with passing out information sheets detailing the lesson's main topics of interest while giving websites and material to encourage the audience to seek out their own answers. Open the floor for questions will follow.

Audience: a wide range of ages and backgrounds. Gluten and Dairy free people come from many places so I'm focused on being as broad as possible. Most interested parties will typically be adults (20-50+)