



Healing

Foods

Cooking

Class

Learn to create  
healing foods that don't  
compromise on TASTE

Taught by:  
Libbie Spielmann, INHC, of  
*Uncompromised Taste*

In this class, we will create:

- Calzones
- AIP Cinnamon Rolls
- Healing Smoothies

Break your fast with energy & brain-boosting treats that keep you full for hours!

This class accommodates those who avoid:

- Gluten
- Dairy
- Eggs
- Grains
- Nuts
- Inflammatory ingredients

WHEN

July 14<sup>th</sup> 11am - 1pm

WHERE

Carpathia Collaborative  
10260 N Central Expy #210, Dallas, TX 75231

COST

\$80 (\$70 for those who have attended a previous class)

***Only 8 spots available!***

Reserve your spot at: [uncompromisedtaste.com/special-events](http://uncompromisedtaste.com/special-events)