

Gale Free Library's Cooking Club

Superfoods 101



We are happy to welcome back Kim Larkin from Klassic Kreations, who will be presenting a culinary program celebrating the powerhouses of nutrition!

This fun, colorful presentation will highlight the powerful properties of popular Superfoods and how best to incorporate them into your life.

Tips, techniques, handouts, and unique superfood samplings (i.e. cacao protein balls, acai smoothies, goji berries and dark chocolate) will be included!

**Tuesday, October 18, 2022
6:00 PM Program Room**

Registration is required!

*Stop by the Reference Desk, send us an email galefreelibrary@gmail.com
or call 508-210-5569.*