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**Presents**

# Dairy Alternatives

*With Chef Stacy Kosha*

**Thursday, May 1st 6 PM**



Stacy Kosha is a recent graduate of Bauman College's Natural Chef program. The word Sozo is a Hebrew term that means to restore, to save, and to be made well. After being diagnosed with Celiac Disease in 2007, Stacy's health was restored through following a gluten-free diet. Her goal is to help others return to an optimum level of health through whole food nutrition. In this class, Stacy will present a discussion addressing individuals needs associated with dairy intolerance as well as dairy-free recipes to incorporate into your daily routine. Interaction with Stacy, health and nutrition information as well as recipes and food samples will be provided.

**Dairy Free Almond Cheese, Cashew Cream Fruit Dip and Coconut Ice Cream**

**\$15 Fee and pre-registration at the register is requested.**

Contact Stacy with questions regarding Celiac Disease, cooking classes  
or personal chef services.

Email: [Stacy636@yahoo.com](mailto:Stacy636@yahoo.com) Phone: [419-636-5445](tel:419-636-5445)