



# Alegría

LOCALLY-GROWN,  
NATURALLY!

**FRESH**

BEAUTIFUL SALAD GREENS // HIGHLY NUTRITIOUS  
SAME-DAY HARVEST // CLEAN & NATURAL // PESTICIDE FREE  
TAILORED TO YOUR PALATE // GREAT TASTE  
DELIVERED TO YOUR DOOR!

## Healing Foods Cooking Classes With Alegría Fresh

Eat delicious food with the Alegría Fresh team while learning how to avoid chronic disease, feel better and have more energy through the Healing Foods cooking class.

Participants will discover the secrets to selecting nutrition-rich food and prepare it in unique and sumptuous ways without many inflammatory ingredients such as dairy, oils, salt, sugar, grain and animal protein.

Class menus use locally grown, plant-based healing foods, including same-day harvested produce from Alegría Farm, Laguna Beach's only hydroponic vertical farm growing leafy greens and medicinal herbs.

Each class will feature smoothies, appetizers, main dishes and decadent healthy desserts, fully demonstrated so participants will be able to reproduce the results at home.

Class cost of \$50 per person includes food and drinks with a limit of 8 per class. Yolande Smith and Jessica McLeish, local raw food chefs and nutrition experts, will facilitate each workshop.

RSVP to Jessica McLeish [jessica@jmcleishpr.com](mailto:jessica@jmcleishpr.com) or 949-294-3554.



### Sunday, Jan. 27: 3 – 5 p.m. Delicious Detoxing All Day Long

*Learn quick and easy recipes while eating delicious food, raw, vegan, paleo options for every day detoxing.*

- Purple cabbage juice
- Fruit and greens smoothie
- Raw vegan collard wraps with macadamia "mayonnaise"
- Collard, beet and carrot wrap with smoked wild salmon (paleo)
- Undressed vegetable soup (no oil)
- Portobello and pesto sandwich (you won't miss the meat)
- Decadent raw vegan cheesecake

### Sunday, Feb. 10: 3 – 5 p.m. Asian Fusion

- Green juice
- Coconut cinnamon smoothie
- Alegría salad with creamy pimento olive & cashew dressing (vegan)
- Vegetable nori wraps (vegan)
- Sweet potato coconut milk soup (no oil)
- Undressed vegetable stir-fry (no oil)
- Raw apple pie (a delicious raw, vegan apple pie made with no sugar, no oil and no grains)

### Sunday, Feb. 24: 3 – 5 p.m. Italian Zest

- Red and green vegetable juice
- Kale/fresh fruit smoothie
- Raw vegan cheddar nut "cheese"
- Quick lasagna (low fat)
- Raw vegan zucchini noodle pesto
- Sweet potato crust pizza (Grain-free)
- Peanut butter avocado cheesecake (raw vegan)

### Sunday, Mar. 10: 3 – 5 p.m. Caribbean Groove

- Healing vegetable juice
- Berry almond smoothie
- Loaded sweet potato appetizer (low fat)
- Ornamental kale/sweet onion salad
- Curried chicken (paleo; no oil)
- Rice and black beans (vegan)
- Cacao and beet cake (grain-free)

## Alegría FARM

[www.alegriafresh.com](http://www.alegriafresh.com) • [info@alegriafresh.com](mailto:info@alegriafresh.com)

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