



# SURVIVAL COOKING

Back by popular demand!

Learn to make 8 simple, healthy, inexpensive single-serve recipes.

- o Microwave tuna casserole
- o Microwave frittata
- o Banana pancakes
- o Microwave stuffed sweet potato
- o Microwave stuffed white potato
- o Microwave egg fried rice
- o Beans on toast
- o Microwave meatballs

Wednesdays 5 – 7 pm  
February 7 to March 28

\$150 includes:  
8 two-hour cooking classes  
Cookbook

Colour-coded measuring cups and  
spoons

Registration is limited!

Email [info@communityofhearts.ca](mailto:info@communityofhearts.ca) for more details