



Sticky Fingers Cooking

Cultivating 'Cool'inary Curiosity in Kids™

THYME to TURNIP the BEET on WHAT KIDS EAT

**Truly Tasty + Fabulously Fun + Highly Acclaimed
New K-5th After School Cooking Classes at
Asbury Elementary School
Wednesdays from 3:15-4:15pm
6 classes: September 4th- October 9th**

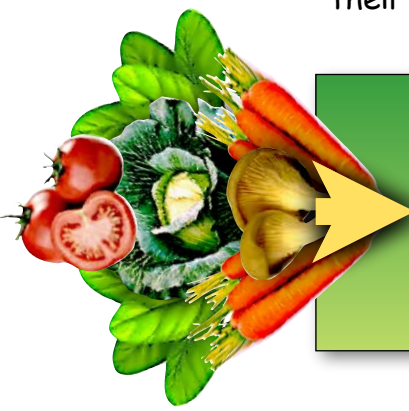
Scroll Down For A Sneak Peek At Some of THE AMAZING RECIPES The Kids Will Be Cooking-Up!



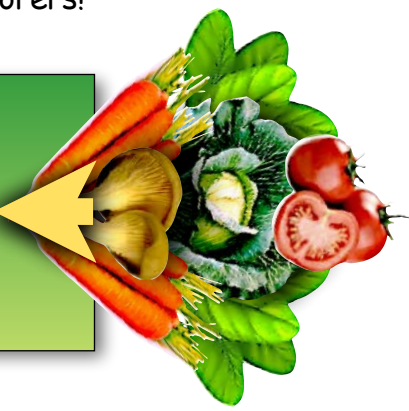
"I can't believe we made this!" --Young Chef Cade
"This is so awesome; I love it!" -Young Chef Haven

	<p>5280 Magazine's EDITOR'S CHOICE TOP OF THE TOWN BEST KID CLASSES IN COLORADO</p> <p>www.stickyfingerscooking.com/about/news-events/</p>	
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When's the last time you had Swedish food?
Or yummy Indian, Portuguese or Filipino food? Guess what? Your kids can have a blast every week discovering how easy and fun it is to prepare (and love to eat!) tasty, healthy globally-inspired + American Classic Sticky Fingers Cooking recipes! Let your child release their inner chef and love learning to be inspired food explorers!



**For more class info and to register
(Search Asbury):**
<https://stickyfingerscooking.com/school-programs/colorado>



If they make it—they really want to taste it!

"wow this is really crazy good stuff I just made..!"
- Jason (age 7)



"I give this hundred thumbs up!"
- Phoebe (age 8)

Each delicious new recipe prepared by your young chef will be accessible online after each class at www.stickyfingerscooking.com
FOR COOKING-UP SOME DELICIOUS FAMILY FUN AT HOME!

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Here is a sneak peek of some of some of the **AWESOME DELICIOUSNESS** the kids will be cooking UP!

- End of Summer Surprise Oatmeal Cookie Sandwich Bites + Nice Cream Filling+ Raisin Caramel Shazam Shakes
- Back-to-School Peachy Panzanella + Fresh Tomatoes + Bellissima Basil Vinaigrette + Blended Basil Peach-ade
- Kid Chef Choice Zany Stuffed Fresh Spring Rolls + Crispy Crazy Potstickers + Soy Ginger Drizzle + Finger Hibiscus Punch
- Marvelously Mediterranean Cheesy Stuffed Mushrooms Parcels + Frothy Mint Lemonade
- "Make-n-Take" Healthy Holiday Family Granola + Yummy Yogurt Whip + Your Choice Smoothies
- Kid Created Sweet and Savory Middle Eastern Hummus + Bite Sized Fruit/Veggie/Bread Dippers + Cinnamon Milk Tea
- Kid-Tastic Creative Calzone Challenge + Saucy Tomato Dip + Kid-Made Italian Sodas

Please note that recipes are subject to change- based on our creative whim!
Classes are always nut-free, any and all dietary restrictions can be accommodated

Our fun, engaging and creative chef instructors mix together a sense of fun and excitement as they combine the love of cooking with nutritional information, safe cooking skills and hygiene, jokes, geography, math skills and food history to help inspire a lifetime love of delicious, healthy family cooking.

Tuition always includes chef instruction, all foods, materials, online family fun recipes the kids will be cooking-up in class—and a substantial and healthy (shhh!) snack at the end of every class!

www.stickyfingerscooking.com

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