

nutritional NINJAS

www.nutritionalninjas.co.uk

WE PROVIDE INGREDIENTS
& EQUIPMENT !

Our classes allow children to learn a variety of cooking skills that will carry them through into later life.

Food hygiene, preparation, knife techniques, measuring ingredients as well as to value what is good for them nutritionally.

Learn to make: Chocolate orange flapjack, Mini quiche, Gingerbread biscuits and many more

Simply pop them in the oven at home to enjoy fresh with the family.

Spaces are limited & are allocated on a first come, first served basis

All about NINJA CLASSES

LOCATION: St Lawrence

DAY: Monday

TIME: 3:15 - 4:15 PM

PRICE: £108

DURATION: 12 weeks

CLUB DATES:

Sept: 07th, 14th, 21st, 28th,

Oct: 05th, 12th, 19th,

Nov: 09th, 16th, 23rd, 30th,

Dec: 07th, 14th

BUILD YOUR OWN RECIPE COLLECTION !

Collect your new recipe card every week so you can cook recipes you've learnt again and again



Visit our website

www.nutritionalninjas.co.uk to book your child's space

Tel: 01276 428148