



More Healthy Cooking Class Options

- ◆ Priscilla Soligo of [Rawthentic Food](#) is widely considered to be Hong Kong's most talented raw food Chef. Find out about her next gourmet raw vegan & fermented foods cooking classes on their website.
- ◆ Louise Kane Buckley of [Loula Natural](#) for Fermentation & Culturing Workshops including raw coconut probiotic yoghurt- Louise also teaches various nutrition workshops and is well-known for her children's nutrition series in particular.
- ◆ [6 Senses Cooking Studio](#) for Gluten Free Baking Classes with GF desserts pumpkin mooncakes and Oreo Valentine's Day cookies.
- ◆ [Mango Menus](#) for Family Classic Helpers Cookery Courses such as roast chicken and beef stew.
- ◆ Ayelet Idan of [Olive Leaf HK](#) for Israeli/Mediterranean Classics like hummus, flatbreads, shakshuka and baklava among other things. She also does a much-loved healthy salads workshop.
- ◆ Diana B. Gaertner of [Sprouts](#) for Macrobiotic and Ayurvedic nutrition based cooking classes with dishes involving ancient grains & seeds like spelt, millet and quinoa- helper sessions available.

Multi-Class Organizers & Venues

[SpiceBox Organics](#), [SOL Wellness](#), [Choice Cooperative](#), [i-Detox](#) and [Pantry Magic](#) all host many of the above chefs/cooks so make sure to check their websites/Facebook pages for the most up to date information.

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