



## Truly Tasty + Fabulously Fun + Highly Acclaimed New K-5th Cooking (And Always Awesome Eating!) Classes Starting at Westlake!

**Mondays: 3:20-4:20pm**  
**January 27th—March 9th (No Class: 2/17)**

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

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!



**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](http://www.stickyfingerscooking.com)

FOR COOKING-UP SOME DELICIOUS FAMILY FUN AT HOME!

### Check Out What The Amazing Young Chefs Are Saying:

**"I love it SO MUCH it's freaking me out!"**

-Lexi, age 8 (after tasting the very delicious *Korean Bibimbap* she just made)

**"This is so great! BETTER than Pizza!"**

-Monica, age 7 (after tasting her *Chinese New Year Bok Choy Pancakes + Mandarin Soy Dipping Sauce*)

**"These doughnuts are infinity percent vitamin C delicious!"**

-Tae-ji, age 8 (loving the *Lemon Zucchini Doughnuts* he just had a blast making)

**"I can't believe there is zucchini in our Mac N' Cheese! Yum!"**

Enthusiastic Young Chef (savoring her *One-Handed Zucchini Mac 'N Cheese + Zesty Zucchini Green Goddess Salad + Zucchini Lime Muddler*)



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.



"I have to tell my mom about this recipe because I never eat  
vegetables and, wow, I love this!!" -Young Chef Jordan

"I don't want to go out to lunch anymore, I want to go home and cook  
for EVERYONE! Because I am now the best chef in the world!"

-Young Chef Josh (Age 5)

"I love everything we cook with Sticky Fingers!" -Young Chef Gideon

### Young Sticky Fingers Cooking Chefs Are In The News!



Young Chef Siena and Sticky Fingers Food Geek-in-Chief Erin showing FOX32 Good Day Chicago Host Corey McPherrin how to cook-up some delicious Quinoa Pizza Bites!



Sticky Fingers's Chicago/Land Lead Chef Lucy Warenski cooking-up super-tasty Cool Corn Arepas with Avocado Salsa and Watermelon Agua Fresca on WGN News

<https://stickyfingerscooking.com/about/news-events/>

### What Parents And Schools Are Saying!

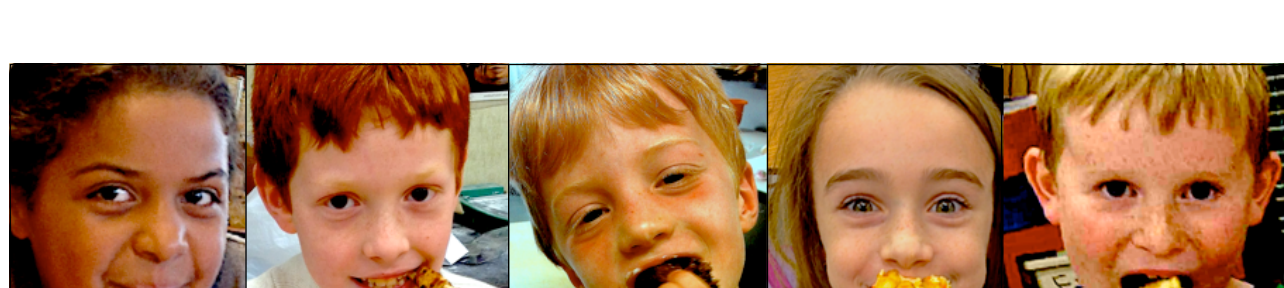
**"My boys absolutely love this class and adore their Chef. Our Tuesday dinner conversation surrounds their morning cooking and nutrition experience. Thanks for brightening our household!"** -Roxanne, mom

**"My daughter loved the first class! As a picky eater I assumed she'd create but not eat, boy was I wrong. Thanks again for this opportunity for my kiddo."** -Happy Mom

**"Kudos Sticky Fingers Cooking! You and your staff are doing GREAT things! Look at the positive changes children and families are making in their lives with your inspiration!"** - Angela Lauridsen, Boulder Valley School District

**"Never are my boys so happy as when I pick them up from Sticky Fingers Cooking!"**  
-Mom of enthusiastic, non-picky-eater young chefs

**"Sticky Fingers was a life changing experience for me and my sons. In just one Sticky Fingers lesson, my twins made and gobbled up blueberry ricotta pancakes and corn arepas with avocado salsa, and went from very picky eaters to young chefs who were interacting and enjoying food. The impact from this experience was amazing."** -Kay, mom



THYME to TURNIP the BEET on WHAT KIDS EAT

**Here is a Sneak Peek of the Some of The AWESOME DELICIOUSNESS The Kids Will Be Cooking-Up in Classes!**

Japanese Ginger Lucky Banana Rice Pudding + Fried Banana Bits +  
Ginger Green Tea Lattes

Fancy French Tomato Tartlettes + Totally Tomato Salad Nicoise  
+ Fruity French Swizzles

Very Berry French Toast Cupcakes + Whipped Berry Yogurt +  
Creamy Berry Vanilla Smoothies

Beautiful Blackberry Cinnamon Shortcakes + Honey Yogurt Icing +  
Smashed Blackberry Compote

St Patty's Day Lucky Leek Potato Soup + Easy Irish Soda Bread  
Pops + Green Grape Muddlers

India's Turnip Tikka Masala + Street-Style Hakka Noodles  
+ Classic Indian Sweet Yogurt Lassi

Deep Dish Chicago-Style Kid-Created Pizzas + Quick Pickled  
"Giardiniera" Vegetable Salad + Luscious Lemon Frozen Scroppino

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

All of our Sticky Fingers trained cooking instructors share lifetime love of cooking and a passion for cooking with kids! We have Montessori school teachers, culinary school teachers, summer camp directors, catering chefs, and graduates from Le Cordon Bleu in Paris on our talented team of kids cooking instructors.



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](http://www.stickyfingerscooking.com)

303-648-4078

© 2019 Sticky Fingers Cooking

