

# BUTTERFIELD WELLNESS CENTER

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## CLASS REGISTRATION FORM

### BAKING WITH ALMOND FLOUR

Come join me and learn to use almond flour for making not only cookies, brownies and scones, but for use in quiche, olive-rosemary bread, pizza crust and some of the most delicious crackers I've ever eaten. Almond flour is totally gluten free and higher in protein and lower in carbs than grain based flours. No more mixing of strange flours, almond flour lends an exceptional texture and flavor to baked goods.

We will be making several crackers, cookies and also some savory recipes as well. Recipes and other informative handouts will be provided. This is a hands-on class and each person will take home some of what we make. A healthy snack will be provided. I look forward to sharing some cooking time with you.

WHEN: Saturday, May 8th, 9 a.m. to 1:00 p.m.

WHERE: 8940 Morton Rd. Niwot CO

COST: \$60, includes snack and class makings  
\$20 deposit to hold your space in class

QUESTIONS: Call Talitha at 303-652-0511

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### CLASS REGISTRATION: BAKING WITH ALMOND FLOUR

NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
PHONE \_\_\_\_\_  
E-MAIL \_\_\_\_\_

Make your check payable to: *Butterfield Therapy Associates*  
Mail Registration to:

Butterfield Therapy Associates  
8940 Morton Road  
Niwot, CO 80503