

These Programs are Recommended for
“Everyone who has dietary restrictions, to show how easy it is
to still be healthy within your own kitchen.”

Benevolent Kitchen | Simplifying Special Diets

Where were you when I was first diagnosed?!

With more than 1 in 133 people needing to avoid wheat, barley, rye, and cross-contamination issues this phrase is something the Benevolent Kitchen hears with frequency. The most difficult thing about a Gluten-Free, or most any special food lifestyle, is the adjustment. The Benevolent Kitchen can help your patrons feel comfortable, get adventurous, and believe that a special diet does not mean limitations but an unexpected opportunity to eat foods they might have otherwise ignored.

Having the Benevolent Kitchen speak at your library offers your patrons a comfortable and practical way to get their questions answered with an entertaining and informed speaker.

For over 10 years, my priority in cooking and baking has been to make food that tastes, not only ‘normal’, but also delicious and fits most special needs diets. I am challenged each day by dietary restrictions, so are many family members and friends of mine. I take pride in the food I prepare – and the accolades I receive from my professional clients. I can help your patrons gain the knowledge required to feel that their culinary needs are simplified.

So check out the website www.benevolentkitchen.com,
give us a call 631-418-6358, & schedule your program today.

Programs include: Celiac Disease and Gluten Free Cooking & Baking
Focus on Gluten Free Grains – how to use them in cooking & baking
Adjusting Recipes – tips & techniques to adjust your recipes to your needs
(This program can be suited for diets including gluten free, sugar free, low fat, and vegan)

