

Brighter Day Presents:

DIY KIMCHI WORKSHOP

with Chef Brittany Mirtolooi



**Learn how to ferment a variety of veggies to create kimchi.

**Kimchi is Korean Sauerkraut – It can be spicy – if you do not enjoy spicy you can still join and leave out the spices!!

**Get acquainted with the microbes that improve your gut health and boost your immunity.

**Go home with your own ferment and a guide on how to do it again at home!

Thursday August 3rd
1102 Bull Street
7:00-8:30pm
\$30 (Ingredients & Supplies included)
Sign up at Brighter Day!!!

Limited to 10 participants

Brittany Mirtolooi is a holistic chef and mother of two with a love for all things in the health and wellness realm. She was attracted to learning how to heal with food and has been on that journey for the last 9 years. She has worked as a vegan pastry chef and baker, a paleo private consultant, and has many years experience working with fermented, raw food, and specialty diets. Brittany also owns Devolve, a business that focuses on natural and organic body care products. Brittany has a passion for sharing her knowledge and teaching people how to make delicious and healthy food. Email Brittany at devolveyourlife@yahoo.com if you have any questions.

