

Aware Cooking

Food is our everyday, food is what feeds us and gives us the **energy** we need to live and shine during the day. This is why we need to understand the **natural cycle** of the food: planting, picking up, preparing and eating; from the seed to the fruit. We're going to plant our little vegetable garden, learning which is the proper moment to plant following the moon and taking care of it; we're going to learn the **nutrients of the food** making **smoothies** with fruit and veggies, smell **spices**, make **vegan milk**, **organic bread** learning about flours and seeds, make a **taste-meditation with cocoa** and chocolate, prepare some delicious **raw sugar-free snacks**, learn about **medicine plants**, infusions, medicine food and how to prepare it to help us feeling better.

At the end, we're going to prepare a **Meal of Colors**, having the chance to put in practice everything that we've been learning on food and its nutrients, creating our own natural dish.

The objective of the workshop is to make us aware of the importance of **being present in the preparation of the food** and that the **intention** we put in each moment of the life cycle of the food will be essential for the energy it will give us.