

FOR IMMEDIATE RELEASE



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Turning Snacks Into Something Healthy and Fun The Wellness Kitchen's Guest Chef Series Welcomes Kelly Wangard

Does snacking leave you feeling guilty? All too often, we are choosing less than ideal snack options that are full of empty calories; mindlessly reaching for chip after chip of hydrogenated oils or sugar-laden nuggets. Turn your snacks into something healthy and fun with Guest Chef Kelly Wangard on **July 12th from 5:30pm to 8pm at The Wellness Kitchen at 1255 Las Tablas Rd. Ste. 102 in Templeton.**

"I've been teaching some cooking skills for the Wonderful College Prep Academy," says Wangard, "[I'll share] some fun, healthy, simple cooking ideas, techniques and recipes."

Enjoy a glass of wine while Wangard delights your senses with recipes, instruction and live demonstration including:

- Protein Bites
- Kale Chips
- Chipotle Hummus
- GF Banana Chocolate Nib Cookie

Come feast your mind and body at our monthly guest chef evenings while enjoying scrumptious food, local wine and guest chef demo/instruction. Tickets are only \$40 and all proceeds benefit the TWK.

"As lead Chef at TWK, it is easy to get stuck in a routine and only use the tried and true recipes," says Evan Vossler. "Hosting guest chefs allows for the opportunity to expand on our repertoire as well as create new and exciting interests for our clients. Plus, you are always bound to learn a "pro tip" or two!"

Space is limited. Register today at <http://www.thewkrc.org/calendar.html>.

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Kelly Wangard is a graduate of California Culinary Academy and has since gone on to be Executive Chef at some of the finest restaurants and clubs including Cucina Restaurant, Riverbend, Paso Robles Inn, and Summerwood Winery and Inn. Kelly and her husband Gregg Wangard live in Paso Robles, with their daughter Elle 9, their 6 year old son Mason, and dog Libby.
<http://www.kelleandcompany.com>

The Wellness Kitchen and Resource Center is a nonprofit organization in Templeton, CA whose mission is to provide our community with the most delicious and nutritious foods possible, but also give back through culinary instruction, nutrition education, and support groups. We host cooking classes with our in-house chefs, as well as a variety of healing lectures and demonstrations led by health professionals, guest chefs, nutrition educators, organic ranchers and farmers.
<http://www.thewkrc.org/>