



Diabetic Cooking Classes

Looking for hands on classes that teach basic low glycemic techniques for cooking at home? Our classes combine learning with actual in kitchen experience. Classic Cooking Academy classrooms are conveniently located in Northeast Scottsdale. Each class you will work with the instructor team to create unique menu items during class and then have a chance to sample the creations! Won't you join us for an evening and enhance your knowledge and capabilities in low glycemic cooking? Below please find our upcoming classes for the fall and winter:

Holiday Favorites for Diabetics - 11/14/24, 6:30 - 9 PM

Your family will recognize some of these holiday recipes but we will put a low glycemic twist on them. Learn how to substitute a few ingredients and increase your wellness score! **Sample menu includes Turkey Confit, wild rice stuffing, green bean casserole, and pumpkin cheesecake. Yum!**

3-week series, Diabetic Cooking- 1/21/25, 6:30 - 9 PM

Once a week for 3 weeks learn the 'how-to' on reducing carbs and increasing nutrition in several high glycemic areas like grains, starches, and desserts. Build your knowledge and use of glycemic index and glycemic load cooking in the kitchen. Join the Diabetic Series for classroom instruction and hands-on demonstrations. **Sample menu items include Mushroom Farro risotto, Sauteed Zucchini and Quinoa, sauteed vegetable noodles, Cauliflower Mash, steel cut oatmeal Yum!**

Instructor: Ray Orndorff

Ray is a retired corporate executive with an eye for colorful meal preparations. Over 20 years ago he was diagnosed with Type 2 Diabetes. Ray retired in 2019, returned to school and studied nutrition & wellness coaching, and honed his kitchen skills here at Classic Cooking Academy. Ray currently assists clients thru his Cooking & Color company.

For more info:

Check us out online at: www.ccacademy.edu/calendar/, and click on the class title in the day of the month.



Classic Cooking Academy

If you would like to contact Classic Cooking Academy, e-mail us at info@ccacademy.edu or call us at (480) 502-0177. We will respond as quickly and promptly as possible.

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