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Flavors of the **Mediterranean** have tantalized our taste buds for generations. Aromatic herbs, warming spices and pungent flavors. Now you can enjoy your favorites, in the raw. You will learn:

- \* How to make no-bean hummus that tastes just like the traditional version.
- \* How to make a cool and refreshing soup in a few minutes.
- \* How to make a wheat-free tabouleh.
- \* How to roll picture-perfect dolmas
- \* The secret ingredient to prepare a refreshing couscous

**MENU:** Cucumber Tsaziki Soup, Hummus, Horiatiki - Greek Salad, Tabouleh, Dolmas (stuffed grape leaves), Couscous, Strawberry Shortbread.

