



# Sticky Fingers Cooking

Cultivating 'Cool'inary Curiosity in Kids™

THYME to TURNIP the BEET on WHAT KIDS EAT

**Truly Tasty + Fabulously Fun + Highly Acclaimed  
K-5th After School Cooking Classes  
at Aspen View Academy  
Wednesdays from 3:45-4:45pm  
6 classes: January 30th- March 6th**

Scroll Down For A Sneak Peek At Some of THE AMAZING RECIPES The Kids Will Be Cooking-Up!



	<p><b>5280 Magazine's EDITOR'S CHOICE</b></p> <p><b>TOP OF THE TOWN BEST KID CLASSES IN COLORADO</b></p> <p><a href="http://www.stickyfingerscooking.com/about/news-events/">www.stickyfingerscooking.com/about/news-events/</a></p>	
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Let your child release their inner chef!

Students will prepare and eat healthy, internationally inspired recipes all while learning to cook in a fun, engaging, hands-on and real-world way! Our professional chef instructors will reinforce kitchen skills associated with our weekly recipes and emphasize each area of cooking: from discovering new cooking techniques, using the freshest ingredients, learning fun nutrition facts (even food pun jokes!) as we practice proper measurements, while using a wide array of cooking utensils all while preparing incredible culinary creations together. Your kids will have a blast each and every week discovering how easy and fun it is to cook tasty, healthy, American classics and globally-inspired Sticky Fingers Cooking recipes! We provide all of the tools, ingredients and instruction needed to cook up a fun, delicious and healthy after-school hardy snack each week.

For more class info, click the link:

[www.stickyfingerscooking.com/  
school-programs/colorado](http://www.stickyfingerscooking.com/school-programs/colorado)  
Search: Aspen View

All recipes are accessible on-line at the end of each week  
FOR COOKING-UP SOME DELICIOUS FAMILY FUN AT HOME!

[www.stickyfingerscooking.com](http://www.stickyfingerscooking.com)

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Here is a Sneak Peek of the Some of The  
DELICIOUSNESS The Kids Will Be Cooking-Up!

- New Year Cosmic Cinnamon Roll Swirl Pancakes + Asteroid Cinnamon Crush + Milky Way Smoothies
- Chinese "Gung Hay Fat Choy" New Year Potstickers + Sweet Five-Spice Dipping Sauce
- Jumping Jackfruit BBQ Sliders + Creamy Cool Coleslaw + totally Tropical Jackfruit Smoothies
- Spring Carrot Cake Doughnut Holes + Creamy Cheesy Drizzle + Cheesecakey Shakeys
- Portobello Reuben Sandwiches + Whipped 1,000 Isle Dip + Very Vanilla Shakes
- High Tea English Crumpets + Assorted Sweet & Savory Butters + Quick Fruit Jam + Proper Tea
- Really Rhubarb Cream Cheese Hand Pies + Sweet Orange Frosting + Mandarin Orange Fizz

Please note that recipes are subject to change - based on our creative whim! Classes are always nut-free, and any and all dietary restrictions can and will be accommodated.

