



The Légumerie is a plant-based food business founded by Claire Duffy. Claire's passion is inspiring people to be more adventurous in the kitchen and to improve the quality of their diet. She hosts cooking demonstrations for companies that seek to incorporate a food or nutrition-related activity into their employee wellbeing or engagement programmes.

The format is flexible and tailored to suit the needs or objectives of each organisation; however, a 45-minute lunchtime demonstration (held in the staff canteen or other suitable room on the premises) works particularly well. The focus of the demonstrations is on easy, healthy and nutritious meal preparation using easily sourced ingredients. The following is a sample menu:

- **Red lentil, coconut and spinach dhal** – nourishing and flavourful, this one-pot lunchbox favourite is easy to prepare and freezes well.
- **Super Salad** – hearty, protein-rich, easy to prepare and highly adaptable to suit individual preferences.
- **Smoothie** – delicious, vitamin rich, made in seconds and a great boost towards achieving the recommended 'five-a-day' fruit and veg intake.
- **Breakfast cookies** – nutritious, free of refined sugar, take minutes to prepare and are a great snack any time of the day.

A hot lunch, samples and a recipe booklet are provided for all participants.

For a quote or more information please contact claire@legumerie.ie

www.legumerie.ie

