

YICG  
Wellness Warriors 2.0  
presents...

# HEALTHY INDIAN COOKING

Herricks Middle School, Cooking Room

1:00-1:45

Cooking Demo

1:45-2:30

Taste & Socialize

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## Session 1

Sat, Nov 16<sup>th</sup>

Instapot Mattar Paneer (Dee Lakhani Shravah)

## Session 2

Sat, Dec 7<sup>th</sup>

Air Fryer Bombay Street Food (Rishin Shah)

## Session 3

Sat, Jan 11<sup>th</sup>

Savory Winter Soups (Rishin Shah)

## Session 4

Sat, Feb 8<sup>th</sup>

Veg Briyani (Smruti Patel)

*Sign up & Get Cooking by contacting Dee Lakhani Shravah-  
[deeshravs@outlook.com](mailto:deeshravs@outlook.com)*