



La Center Community Education

PO Box 1840 La Center, WA 98629

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IN's & OUT's of the INSTA-POT

Instructor: Vione Graham

Always wanted to try the Insta-Pot but don't know what to do with it? Or maybe you have one & want to learn more of what it can do. Learn how to fix meals quicker, with more nutrition & flavor, saving money & how versatile they are. I have some jaw dropping ideas to give to you from making your own yogurt, popped popcorn, complete meals in one pan, no fail cheese cakes, oh I could go on & on. Come and be excited! This is NOT a pressure CANNING class.



You will be able to sample the food & take home recipes to create several tasty dishes using this wonderful tool. You will be amazed!

Ages 18 & older

Held at the High School in the Home Ec. Room #126.

#8682-18 TUESDAY Sept. 18, 2018 from 7:00-9:00PM

FEE: \$25 *(Plus additional \$6 supply fee (paid to instructor) not included in regular fee-Minimum of 6).*

www.lacenterschools.org

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