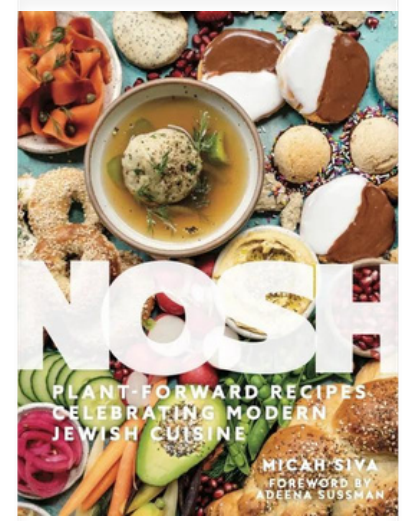


ONLINE CHAPTER

Level Up Your Noshes: Cook n' Chat with Micah Siva and Mindy Frankel



Join Micah Siva as she cooks and chats with Mindy Frankel President of the Santa Clara Valley BNC chapter. Micah and Mindy will be in the kitchen together. You can cook along with them or get the recipes and make the dishes at your leisure.

If you want to up level your noshes, get creative with spices and oils; find different ways to flavor things that you already love, join us.

[Nosh: Plant-Forward Recipes Celebrating Modern Jewish Cuisine](#)

Nosh is the vegetarian cookbook for the modern Jewish kitchen, drawing inspiration from history through a 21st century lens. As a vegetarian, [Siva, founder of Nosh with Micah](#), specializes in plant-based cooking. She is a registered dietitian, recipe writer and food photographer. For those who want to connect with Jewish culinary history while following a plant-based diet, Nosh offers more than 80 recipes that can be served at Shabbat, holidays, and even better, every day. Purchase her book

Registration Fee: \$18 donation to BNC Legacy of Louis Campaign

**Tuesday, July 16th, 2024 at 7pm (ET)
Online via Zoom**

**To Register, Scan the QR Code
or Visit bit.ly/3UR7Hdt**



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