



Cretan Detox Diet & Plant-Based Natural Creative Cuisine

Esco Essence, a native of Finland who makes his home in Greece, is a Health educator and organizes workshops, committed to empowering people to help themselves and the environment, by choosing to eat in the way that nature intended us to. A passionate raw food artist & vegan chef with professional culinary experience and extensive knowledge of Mediterranean cuisine, after living in Greece since many years. A self-educated nutrition expert with a particular interest in natural super foods and herbal medicines.

Pure Raw plant-based diet is a macrobiotic approach to eat for long life and can be a Rejuvenating and Transforming Experience that bring Health & Longevity into our Lives with new and exciting sensations. Raw gourmet cuisine is delicious, fulfilling and satisfying, adapted to the palate and flavors of any culture, while creating dishes that resemble art masterpieces. By maintaining Temperatures below 41 degrees we succeed to preserve all Nutrients, Enzymes, Vitamins, Minerals & vitality in the Food intact. The Menu's I create consists of plant-based, seasonal, and organic whole foods in their natural state, deriving from local producers. All ingredients are carefully selected from The Plant Kingdom, and consist of seasonally Grown Ripe Fruits, Vegetables, Salads, Roots, Nuts, Seeds, Grains, Sprouts, Cold Pressed Oils, Herbs & Spices.

Let

Raw Food Artist & Vegan Chef

Esko Koski-Laulaja or Esco Essence

Greotel workshop info for organizers;

Hello, I have prepared for your consideration, please let me know if all these ingredients are available from your garden or your distributors, if not, I can find elsewhere.

Here is the ingredient list for 10 people per workshop, I have arranged them in order as on the schedule. Maximum people is 30, so just need to triple the ingredients.

Ingredient list:

11.6. 1st Workshop

- Aloe vera barbadensis 1 big 40cm leaf of mature plant available in Crete (enough for 10-30 persons)
- 1 kg Lemons
- 2 kg local Cretan bananas
- 0,5 kg celery stems
- 1 kg Cucumbers
- 0,5 kg Spinach or Kale
- 0,5 kg Cretan Honey preferably not solidified

Quantities are for 10 person group

- I need as well chairs for participants, glasses, napkins, jar for clean water, table to present and cloth on it. As well electricity with double plug

12.6. 2nd Workshop

- 0,5 kg raw de-shelled sunflower seeds, no salt or roasting!
- 2 lemons
- 3 celery stems
- 3 red peppers or colorful ones
- ½ Cup cold-pressed olive oil
- unprocessed Sea salt
- 1 matsaki basil or dill
- ¼ Cup of local Honey
- 4 big zucchini
- 20 toothpicks and big serving plate
- 1 big bowl for preparing

Quantities are for 10 person group

- I need as well chairs for participants, napkins, jar for clean water, table to present and cloth on it. As well electricity with double plug

13.6. 3rd Workshop

- 0,5 kg raw Almonds unprocessed organic or local
- 0,5 kg sun dried figs natural organic preferable without sulphur
- ¼ Cup Carob powder
- unprocessed Sea salt
- 1 tsp Cardamon powder
- 1 tsp Cinnamon powder
- 2 organic oranges to use the zest
- 1 big serving plate
- 1 big bowl to prepare the mix

Quantities are for 10 person group

- I need as well chairs for participators, napkins, jar for clean water, table to present and cloth on it. Aswell electricity with double plug

14.6. 4th Workshop

- Aloe vera barbadensis 1 big 40cm leaf of mature plant available in crete (enough for 10-30 persons)
- 1 kg Lemons
- 2 kg local cretan bananas
- 0,5 kg cellery stems
- 1 kg Cucumbers
- 0,5 kg Spinach or Kale
- 0,5 kg Cretan Honey preferably not solidified

Quantities are for 10 person group

- I need as well chairs for participators, glasses, napkins, jar for clean water, table to present and cloth on it. Aswell electricity with double plug

15.6. 5th Workshop

- Aloe vera barbadensis 1 big 40cm leaf of mature plant available in crete (enough for 10-30 persons)
- 1 kg Lemons
- 2 kg local cretan bananas
- 0,5 kg cellery stems
- 1 kg Cucumbers
- 0,5 kg Spinach or Kale

- 0,5 kg Cretan Honey preferably not solidified

Quantities are for 10 person group

- I need as well chairs for participators, glasses, napkins, jar for clean water, table to present and cloth on it. Aswell electricity with double plug

16/6 6th Workshop

- Aloe vera barbadensis 1 big 40cm leaf of mature plant available in crete (enough for 10-30 persons)
- 1 kg Lemons
- 2 kg local cretan bananas
- 0,5 kg cellery stems
- 1 kg Cucumbers
- 0,5 kg Spinach or Kale
- 0,5 kg Cretan Honey preferably not solidified

Quantities are for 10 person group

- I need as well chairs for participators, glasses, napkins, jar for clean water, table to present and cloth on it. Aswell electricity with double plug