

BIG NEWS!

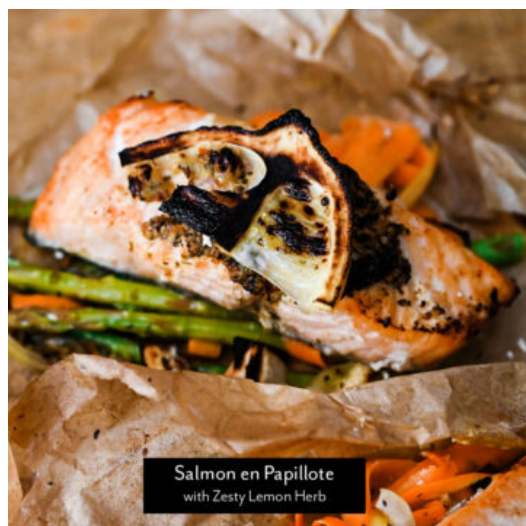


YOU GUYS! I'm so excited to share that Victoria Taylor, the creator of [Victoria Gourmet](#) and I are launching online cooking classes called "At Home Gourmet" and we want YOU to join us!

Purchase their ["Curated Lifestyle" box](#) which includes 6 gourmet spice blends, and Victoria will throw in a free apple pie spice! Your box is also your ticket to 3 Zoom cooking classes with us, and we'll send you the recipes and grocery list you'll need for each class. Use the code **TRADINGCOSMOS** for a 30% discount AND free shipping on your box:



The VG team and I selected healthy these recipes that are flavorful and delicious - no boring grilled chicken salads here:





You'll cook alongside VG's in-house chef, and Victoria and I will join in to share other uses for the delicious spices, healthy modifications, and tips & tricks to our healthy lifestyles.

Classes will be on:

Wednesday, October 7 at 7pm EST

Wednesday, November 11 at 7pm EST

Wednesday, December 9 at 7pm EST

Can't make one of the classes live? No worries - you'll receive a link to stream the class on demand at your convenience.

What better time to explore delicious new spices and recipes than when we're all at stuck at home? Join us by [purchasing your box](#) today!