



Spill the Tea and coffee too

Making Passover Memories with guest facilitator Ayelet Connell, Ph.D.

Friday, March 29 | 10 to 11:30 a.m.

At the home of Jessica Zachs

ADDRESS PROVIDED UPON RSVP (WEST HARTFORD)

Light refreshments, tea and coffee | Laws of kashrut observed

Please let us know of any allergies upon RSVP



Jewish holidays center around a home-cooked meal. Often these recipes are passed down for generations and create special memories. In advance of Passover, we would like to ask everyone to discuss their favorite Passover recipe and the memory it creates. If you wish to email your recipe to Meredith Chandler at mchandler@jewishhartford.org, we will compile them to share. Ayelet Connell will facilitate a discussion around Passover cooking, adding the contemporary concepts of health and ways to make kosher for Passover foods more appealing to non-Jewish relatives. We will then taste some new recipes together!

Ayelet Connell, Ph.D., is a paleo and gluten-free chef, blogger and coach who has written and published many articles on natural health. She teaches local cooking classes at the Cookshop Plus in West Hartford. Ayelet has owned several businesses, including a robust wellness center and seminar company. The founder of Simply Paleo Baking Mixes, she has been cooking and baking delicious sweet and savory paleo and gluten-free dishes for many years. Ayelet is a longtime resident of Greater Hartford and enjoys integrating a healthy lifestyle at home with her wonderful family. To learn more about Ayelet, visit SimplyPaleo.com.

**RSVP by Thursday, March 28 to Karen Nichols at
knichols@jewishhartford.org or 860.727.6130**

About "Spill the Tea"

Federation's "Spill the Tea" discussions for women feature a variety of timely topics such as parenting, careers, Jewish education, disability inclusion and social action. We'd love to have your suggestions! Please contact Meredith Chandler at mchandler@jewishhartford.org or 860.727.6125 to share your ideas.

Presented by



Women of Impact