

### Natto Workshop - Japanese Superfood

This fun and educational workshop introduces Natto, a traditional Japanese food made from fermented soybeans.

Sachi will show participants how to make Natto and explain its health benefits, like helping digestion and boosting immunity.

You will have the opportunity to taste Natto in creative ways using foods like bread and cheese, so please let Sachi know of any food allergies.

Participants can also take home samples and watch the fermentation process at home.

**Saturday 31 January** 12:00pm - 1:30pm  
**Malak Community Centre - Small Hall**  
13 Malak Crescent, Malak

★ **Bookings required!**

**Host:** Sachi Hirayama

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**\$15 per person**

To find out more about this activity, contact Sachi directly.

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