

Cuisine Corner

Registration is required for Cuisine Corner. Register online at ocls.info/cuisinecorner or call 407.835.7323.

Sugar Shock

Chickasaw Branch

Thursday, September 15, 4 p.m.

It's easy to exceed the recommended amount of sugar intake per day. Ever wonder how much sugar are in common drinks? Boost your brain power by reducing your sugar intake.

Mexican Fiesta

Orlando Public Library, Cypress Room

Monday, September 26, 6:15 p.m.

Celebrate Hispanic Heritage Month with a Mexican fiesta that's sure to tantalize the taste buds. Farah Davids of The Purple Platter will show you how to make fiesta pinwheels, a taco bowl and a Mexican chocolate pot that's sure to impress your guests!

Tostones!

Orlando Public Library, Cypress Room

Thursday, September 22, 6:30 p.m.

Celebrate Hispanic Heritage Month with Yamira Lee Johnson, Head Chef and founder of *Breaking Bread with Mira*. Yamira Lee will show you how to create delicious tostones. For more information about *Breaking Bread with Mira*, please visit bbwmira.com.

Ramped-Up Ramen

Orlando Public Library, Cypress Room

Thursday, September 29, 6:30 p.m.

The ease and economy of instant ramen has made it a college dorm staple but those noodles and broth are only the beginning of ramen's potential. Library staff will demonstrate how to turn a cheap packet of instant ramen into a gourmet meal.