

Soul2Soul Educare presents

Vegan Cooking Class

Sat Aug 12th 3:00 - 5:00 pm

At Loving Hut Restaurant

185 Spalding Drive, Suite E, Norcross, GA. 30092

Cost: \$12 a class:

includes Instruction, Tasting, Handout & Health Seminar by a Certified Nutritional Therapist

Bring a friend and get a discount!

Sign up now! Pre-Registration Required:

Go to:



http://soul2souleducare.org/s-vegan_cooking_classes.html

and click on the "pay now" button to reserve your spot

"Early Registrants will receive a special 20% discount coupon from Loving Hut"

Questions? - Call 404-907-3727/e-mail info@soul2soul.educa.re.org

This month: **"Breakfast Bounty"**

Are you tired of eating the same ol' breakfast? Are you ready to make Breakfast time a happy and healthy time? Well you came to the right place! In this class, you will learn to make pancakes and breakfast sausage but with a vegan and creative twist. Come learn how to start your morning right; full of vitality and energy! Plus as always you will learn something new in our mini health seminar to help you on your healthful journey to complete wellness!

Here are the dishes you will learn to prepare:

1. "Vegan Coconut Pancakes"

A stack of airy, fluffy, toasted coconut, melt in your mouth pancakes served with organic maple syrup

2. "Tempeh Breakfast Sausage"

*Smoky, savory, and flavorful spicy vegan breakfast sausage made with protein-rich tempeh
A delicious, plant-based sausage alternative!*



After the class, you will get to sample the dishes prepared

- Raise Your Consciousness - Be healthy! Eat Vegetarian!