



Soul2Soul Educare presents

Vegan Cooking Class

Sat Dec 2nd 3:00 – 5:00 pm

At Loving Hut Restaurant

6385 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 Class: **“Holiday Happytizers”**

Ah the Holidays are just around the corner! With all the holiday parties, gift buying & running around, where’s the time to spend hours in the kitchen preparing yummy healthy appetizers for your hungry guests? So come to our class, and learn quick & easy recipes that will wow your guests and leave you time to do the things you want. Discover mouth-watering potato blinis with crème fraiche. Also learn to make Eggplant Caviar which beautifully complements the blinis. 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. “Potato Blinis topped with coconut crème fraîche”

Elegant bite-sized potato pancakes topped with a coconut crème fraîche a delightful blend of coconut and vegan cream cheese – a veganized twist to the traditional French sour cream.

(Note: this handy crème fraiche recipe can be used to complement many other dishes too - like rich creamy soups or pastas)

2. “Eggplant Caviar”

Smoky roasted eggplant blended with garlic, herbs, aromatic spices and a tinge of olive oil served with pita chips. This caviar also makes a delicious topping for potato blinis



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

- Raise Your Consciousness - Be healthy! Eat Vegetarian!