



Soul2Soul Educare presents

Vegan Cooking Class

Sat Apr 14 3:00 - 5:00 pm

At Loving Hut Restaurant

6385 Spalding Drive, Suite E, Norcross, GA. 30092



Cost: \$14 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.edu

This Class: **"Pasta La Vista Baby!"**

At this class you will learn to prepare quick popular pasta dishes which are comfort foods to many. We will use vegan ingredients to make those creamy rich sauces with half the calories. Turn your own kitchen into an Italian Trattoria. We will make Chicken Tetrazzini (made vegan of course) and a very different delectable version of Mac'n Cheese made with (you would never guess...pumpkin!) Kids will love these recipes too - You'll never go back to boxed "Mac & Cheese"! Plus as always you may learn something new in our mini-health seminar!

Here are the dishes you will learn to prepare:

1. "Pumpkin Mac'n Cheez"

A creamy vegan cheese sauce made with caramelized onions, pumpkin and aromatic seasonings, then tossed with elbow macaroni

2. "Vegan Chik'n Tetrazzini"

A rich alfredo sauce made with vegan butter, coconut milk, non-alcoholic white wine, sautéed mushrooms, chunks of fried vegan chik'n (seitan), and garden green peas, on a bed of tender linguine noodles topped with capers and vegan parmesan.

Note: You might ditch the boxed macaroni cheese when you learn how quick, easy and healthy it is to prepare this vegan version.



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

- Raise Your Consciousness - Be healthy! Eat Vegetarian!