



Soul2Soul Educare presents  
**Vegan Cooking Class**

**Sat June 1<sup>st</sup> 3:00 - 5:00 pm**

**At Loving Hut Restaurant**

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

**Cost: \$14 a class:**

**includes Demonstration, 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](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](mailto:info@soul2soul.edu)

This class: **"Mediterranean with a Twist"**  
**- Gluten Free/Soy Free Class**

At this class learn to make quick healthy snacks "Mediterranean style"! Often we buy these at the Mediterranean fast foods or at the grocery store, and they are loaded with unhealthy fats, oils and preservatives. Now discover how to make these in your very own kitchen but with a twist - more flavorful and healthy! Plus GLUTEN FREE and preservative free! You can literally put the hummus dip together in less than 10 minutes! Did you know that the origin of hummus dates back to 400 BC and even Plato & Socrates talked about its benefits? All the dishes are chock-a-block full of protein and loaded with nutrients! Plus as always a mini health seminar to help you on your healthful journey to complete wellness!!

*Here are the dishes you will learn to prepare:*

**1. "Falafels" (Gluten Free/Soy Free)**

*Fried golden crispy lentil balls topped with tantalizing Tzatziki sauce*

**2. "Sun-Dried Tomato Basil Hummus" (Gluten Free/Soy Free)**

*Smooth and delectable spread of garbanzo beans, sun-dried tomatoes, seasoned with basil and garlic served with organic corn chips*

**3. "Curried Baba Ganoush" (Gluten Free/Soy Free)**

*An exotic version of the traditional Baba Ganoush - Fire-roasted eggplant blended with red curry, nuts, garlic, herbs, and a tinge of olive oil served with organic corn chips*

**After the lesson, you will get to sample the dishes prepared**

**Raise Your Consciousness - Be healthy! Eat Vegetarian!**