

Macrobiotic Cooking for a Healthy Heart, Mind & Body

Saturday February 28th at 2:00 pm

Learn to make a complete balanced meal to boost your immunity,
detox your blood and organs, and nourish your heart and soul!

*Gingered Vegetable Miso Soup with Wakame & Tofu, Brown Rice, Adzuki Beans &
Buttercup Squash, Arame Sea Vegetables with Carrots & Onions, Oriental Cabbage
Quick Pickles, Steamed Broccoli with Tahini Lemon Miso Dressing.*



Class Includes: Recipes handout. Tasting of the dishes prepared.

Fee: \$50 + HST (\$56.50) payable by etransfer to admin@heaven-onearth.ca

Registration deadline Monday Feb 23rd. Minimum 6 / Maximum 12 participants.

Heaven on Earth & Integrated Health, 188 Green Mountain Rd E., Stoney Creek, ON