

# Macrobiotic Cooking for a Healthy Heart, Mind & Body

Saturday November 7<sup>th</sup> 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 & Butternut Squash, Arame Sea Vegetables with Carrots & Onions, Oriental Cabbage Quick Pickles, Steamed Broccoli, Lemon Miso Tahini Dressing.*



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

**Fee in Person:** \$50 + HST (\$56.50) payable by e-transfer to [admin@heaven-onearth.ca](mailto:admin@heaven-onearth.ca)

**Fee on Zoom:** \$35 + HST (\$39.55) payable by e-transfer to [admin@heaven-onearth.ca](mailto:admin@heaven-onearth.ca)

Registration Deadline Tuesday Dec 2<sup>nd</sup>. In Person Maximum 12 participants.

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