

Delicious Vegan Dinners Cooking Class

Saturday December 5th at 2:00 pm

Learn to make absolutely delicious easy vegan dishes with
grains, legumes and vegetables!

*Menu: Ancient Grain Croquettes, with Chickpea Cauliflower Curry.
Pasta with Mushrooms & Rapini, topped with Parsnip-Cashew Cream Sauce;
Baked Edamame & Mushroom Patties, with Lemon Garlic Soy-Aioli;
Macaroni & "Cheese" with Walnut-Pecan Crumble Topping;*



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

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

Fee on Zoom: \$35 + HST (\$39.55) payable by etransfer to admin@heaven-onearth.ca

Registration deadline the Monday prior. Minimum 6 / Maximum 12 participants.

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