






## NEW! ONLINE Vegan Cooking Classes

Cook-Along-at-Home on Zoom!

Updated - Spring 2020 Schedule

<p><b>April 29<sup>th</sup></b> Wednesday 5:00-7:00 pm</p>	<p><b>Plant-Based Proteins:</b> Menu: Brazilian Black Beans, Chickpea Curry, Lentil Mushroom Walnut Patties, Asian Tempeh, Ginger Tofu.</p>	 <p>A close-up photograph of several golden-brown, fried plant-based protein items, possibly lentil or chickpea patties, served on a white plate with some green vegetables.</p>
<p><b>May 13<sup>th</sup></b> Wednesday 5:00-7:00 pm</p>	<p><b>Seasonal Cooking Spring &amp; Summer</b> Learn to balance your meals with the changes in weather to optimize your health and wellbeing, and ease the transition including weather-related common health issues.</p>	 <p>A photograph of a vibrant quinoa salad in a white bowl, featuring quinoa, green peas, red bell peppers, purple onions, and fresh green herbs.</p>
<p><b>May 27<sup>th</sup></b> Wednesday 5:00-7:00 pm</p>	<p><b>Medicinal Cooking for Wellness   Natural Detox Immunity Boost</b> Menu: Brown Rice with Black Sesame Gomashio; Miso Soup with Shiitake, Squash &amp; Wakame*; Arame* with Carrots &amp; Onions; Tempeh &amp; Leeks.</p>	 <p>A photograph showing two bowls: one with white rice topped with black sesame seeds, and another with a bowl of miso soup containing green leafy vegetables and other ingredients.</p>

Fee per Class / per Person: \$44 (\$38.94 + HST). \*Arame and Wakame Sea Veggies may be purchased wholesale through us.

For ONLINE classes, upon receipt of payment you will receive your list of ingredients, and your recipe PDF via email.

Registration: to reserve your space contact us, and send payment via e-transfer to: [admin@heaven-onearth.ca](mailto:admin@heaven-onearth.ca)

[heaven-onearth.ca](http://heaven-onearth.ca) | [admin@heaven-onearth.ca](mailto:admin@heaven-onearth.ca) | 905.664.9099