

VEGETARIAN & VEGAN COOKING MADE EASY: LECTURE, DEMONSTRATION, AND SAMPLING!

FREE!

EVERY 1ST & 3RD TUESDAY
AT DOWN TO EARTH KAILUA
4:30 P.M. TO 5:30 PM



*Trisha "Mama T" Gonsalves,
Vegetarian & Vegan Chef*
Love Life! Community Outreach Team
Leader, Down to Earth

Learn Mama T's recipes for amazing vegetarian, vegan, and raw food dishes that are easy to make!

Join her on the 1st and 3rd Tuesdays of each month to see how she uses local, organic, and wholesome ingredients to make healthy and delicious entrees, soups, breakfasts, and desserts. With her extensive cooking and baking experience you'll find Mama T's classes to be a wealth of information, and her delightful personality makes these classes great fun!

We hope you will join Mama T for her cooking classes at our Kailua location!

See you there!

Kailua - 201 Hamakua Dr. - (808) 262-3838
8:00am - 10:00pm, 7 days a week

