

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

## FREE!

Learn recipes for amazing vegetarian and vegan dishes that are easy to make! Join the Down to Earth Love Life! Community Outreach Team to see how they use local, organic, and wholesome ingredients to make healthy and delicious entrees, soups, breakfasts, and desserts.

*See you there!*



## WEDNESDAY NIGHT

4:00PM - 5:00PM

OR

5:30PM - 6:30PM

With Andrea Bertoli  
Down to Earth Vegan Baker & Cook

No reservation required. Please call 947-3249 for more information

**3<sup>RD</sup> SATURDAY EVERY MONTH**  
**11:00 AM - 12:00 NOON**

With Vegetarian Chefs  
Saradha Johnson, Trisha "Mama T" Gonsalves,  
Cynthia Cruz, and Andrea Bertoli



**Kapolei** - 4460 Kapolei Parkway - (808) 675-2300  
Open 7:30 am - 10:00 pm, Mon - Sun.

**Down to  
Earth**  
ALL VEGETARIAN  
Organic & Natural