

HEALING HEART CENTER WORKSHOP LUNCH MENU NOVEMBER 16, 2013

During the workshop, we offered refreshments. After the workshop the participants were invited to join us in a vegetarian lunch prepared by Dev Atma Suroop Kaur.

- Refreshments -

Thai Chili Lime Cashews

Unsalted Roasted Almonds

Fresh Fuyu Persimmons and Fuji Apples

Drinks: Yogi Tea, Assorted Hot Teas, and Bottled Water

- Lunch -

Mushroom Walnut Loaf with Mushroom Gravy – Savory vegetarian dish made of Crimini mushrooms, sprouted brown rice, onions and walnuts with seasonings and herbs to make it a hearty and delicious main entrée for any celebration.

Roasted & Grilled Vegetables – Zucchini, eggplant, shiitake mushrooms, baby carrots, garlic cloves, green beans and red potatoes seasoned and cooked based on the cooking method best suited to bring the natural flavor and sweetness of each vegetable.

Steamed Green Peas and Organic White Rice – Two simple side dishes that are great partnered with the Mushroom Walnut Loaf and Mushroom Gravy.

- Dessert -

Pumpkin Goopy Butter Cake – No better way to kick off the holiday season than with a pumpkin dessert that is cross between pumpkin pie and a buttery bar cookie. Topped off with whipped cream, it's irresistible.