

HEALING HEART CENTER WORKSHOP LUNCH MENU FEBRUARY 1. 2014

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 -

Vegan Black Pepper Parmesan “Brie” with Assorted Crackers

Raw Almonds and a Basket of Seasonal Fruits

Drinks: Hot Yogi Tea and Bottled Spring Water

- Lunch -

Quinoa-Brown Rice Fusilli with Tomato Pesto and Veggies: Sauteed zucchini, eggplant, Crimini mushrooms, Kalamata olives, onions, red pepper, veggie sausage and capers mixed with a sundried tomato pesto and quinoa-brown rice fusilli.

Kale Salad – A blend of arugula, broccoli, Brussels sprouts, green cabbage, kale and chicory lightly dressed in a poppy seed dressing and topped with dried cranberries and roasted pumpkin seeds.

- Dessert -

Homemade Chocolate Chip Coconut Pecan Cookies; Lemon Snowdrop Cookies, and Chewy Chocolate Chocolate Chip Cookies