

HEALING HEART CENTER WORKSHOP LUNCH MENU MARCH 29. 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 -

Tangerines, Apples, and Dried Apricots

Raw Almonds

Drinks: Hot Yogi Tea and Bottled Spring Water

- Lunch -

Vegan Spring Rolls with Thai Almond Dipping Sauce: Asian style spring rolls made with assorted organic lettuces, herbs, grated carrots, baked tofu, and grated daikon accompanied by a homemade Thai style almond dipping sauce.

Beet Soup – A simple refreshing homemade soup of pureed beets, sweet onions, and vegetable broth garnished with a small scoop of Greek yoghurt and a sprinkling of chopped green onions.

- Dessert -

Homemade Raspberry Bar Cookies – A buttery shortbread cookie delight covered with a thin layer of seedless raspberry jam and finished with a nutty streusel topping.