

HEALING HEART CENTER WORKSHOP LUNCH MENU SEPTEMBER 28, 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 -

Vegan Boursin with Assorted Crackers

Mesquite Roasted Almonds

Basket of Seasonal Fruits

Drinks: Herbal Iced Tea and Bottled Spring Water

- Lunch -

Vegetarian Enchiladas – Green Chile, Olives, Sweet Onions and Cheese wrapped in Corn Tortillas and baked in a Red or Green Enchilada Sauce served with homemade pico de gallo, avocado slices and organic Greek yogurt.

Rice Pilaf - Buttery Steamed Rice & Green Pea Pilaf

Black Beans – Sprouted Black Beans simmered with Garlic and Onions.

Green Salad – Simple Salad of Organic Greens mixed with delicious sweet homegrown Cherry Tomatoes dressed in Homemade Balsamic Vinaigrette

- Dessert -

Lemon Bars – Lemon custard dusted with powdered sugar on a flakey shortbread cookie crust

Assorted Homemade Frozen Yogurts and Freezes – Cherry Persimmon Sorbet, Orange Frozen Yogurt and Freshly squeezed apple juice freezes