

HEALING HEART CENTER WORKSHOP LUNCH MENU DECEMBER 28, 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 -

Homegrown Tangerines

Roasted Unsalted Almonds

Drinks: Homemade Yogi Tea, Assorted Other Teas, Sparkling Mineral Water, and Bottled Spring Water

- Lunch -

Homemade Mushroom Barley Soup – Wholesome, warm, and satisfying favorite for a cold winter day. Crimini Mushrooms, barley, carrots, celery, and onions simmered in a rich vegetable broth and garnished with fresh chopped parsley and dill.

Fresh Artisan Rustic Bread – Rustic bread made from whole grains and seeds. Perfect with spreads: Honey Butter or Raw Garlic Olive Oil, or Hummus or Plain Butter.

Salad with Creamy Dressing: Green salad of cubed tomatoes, celery, sweet Maui onions, Persian cucumbers and arugula, lightly tossed in a sweet and creamy Asian inspired dressing.

- Dessert -

Homemade Carrot Cupcakes; Dark Chocolate-Chocolate Pecan Brownies, and Pumpkin Goopy Butter Cake– Dessert tray filled with holiday treats. All are wonderful with a cup of hot tea from the tea assortment or the hot yogi tea pot.