

HEALING HEART CENTER WORKSHOP LUNCH MENU FEBRUARY 15, 2015

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 -

Fresh Apples

Cracker Tray with Three Spreads: Triple Cream Cheese; Organic Hummus, and Homemade Olive Vegan Cashew Cheese with Fig Olive Crackers, Quinoa Black Bean Tortilla Chips and Triscuits

Drinks: Homemade Yogi Tea, and Bottled Spring Water

- Lunch -

Zucchini Spaghetti with Italian Veggies in Marinara Sauce – Quinoa/Brown Rice Spaghetti combined with raw spirulated zucchini made for a lighter version of a comfort food favorite that was also gluten free. The sauce was a mixture of red bell pepper, mushrooms, onions, veggie sausage, kalamata olives, and capers in a rich marinara.

Fresh Artisan Rustic Bread – Rustic bread made from whole grains and seeds. Perfect with spreads: Raw Garlic Olive Oil or Organic 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; Valentine Chocolates, and Poppy Seed Coffee Cake—A variety of delicious desserts topped off the meal. All were wonderful with a cup of hot yogi tea.

The yogi tea and poppy seed coffee cake were generously provided by Jaspal Kaur and by Guru Tej Kaur.