

# “THE SUPER FOOD GENERATION: 14 FOODS THAT WILL GET YOU GLOWING”

A COOKING DEMONSTRATION BY

## CHEF JENNIFER FLYNN

**W**hat it is that makes an ordinary food a Super Food? The answer is simple; Super Foods deliver high concentrations of critical nutrients in perfectly balanced amounts. It doesn't get much simpler than that.

Chef Jennifer Flynn will take you on a journey into the amazing world of Super Foods, combining the very best foods found in nature with some of the simplest cooking techniques available. Get ready to learn how to prepare amazingly simple and delicious “fast food” in a flash.

**TUESDAY, APRIL 8, 7 P.M.**

**ALA WAI GOLF COURSE CLUBHOUSE**

**404 KAPAHULU AVE.**

(0.2 MI. BEHIND THE WAIKIKI-KAPAHULU LIBRARY -  
ACROSS FROM THE CHEVRON STATION)

**Maui — Chef Flynn will also be presenting on Maui on Fri., Apr. 11th, at 7 p.m., at Cameron Center, 95 Mahalani St., in Wailuku.**



**Vegetarian Society of Hawaii**

Over 2000 Members Strong—Join Us!

For more info call 944-VEGI (8344) or visit [VSH.org](http://VSH.org)



**J**ennifer Flynn is the author of three cookbooks and has worked in the field of culinary arts and nutrition for over a decade. Trained in both traditional European cuisine and Vegan Raw Food cuisine, she has found the perfect balance between the simplicity of plant based foods and the amazing flavors and techniques found in cultures around the globe.

Jennifer's goal is to re-define our culture's definition of fast food by teaching people how quick, easy, and delicious a diet consisting of whole plant based foods can be. It's not about sacrificing what you love, it's about re-defining it!

**FREE Admission &  
Food Samples**