

VEGAN HOLIDAY TREATS

A PRESENTATION BY

CHEF ORI ANN LI



Get festive with vegan treats this holiday season! Chef, animal advocate, and former Mrs. Hawaii, Ori Ann Li will indulge you with decadent holiday treats that will stimulate your taste buds and inspire you to make some yourself. Ori Ann traveled to different parts of the world to discover a diversity of multiethnic flavors and to learn how to integrate them into her own cooked and raw vegan cuisine. In this cooking demonstration she will prepare recipes that have the power to woo the French and delight Asian palates. She will also show how she incorporates meditative techniques into her cooking and turns the mundane task of cooking into a mind/body exercise.

Chef Ori Ann Li attended Le Cordon Bleu Culinary Arts Institute in Paris and studied at Natural Gourmet Institute in NYC and at a vegetarian cookery school in England. She was co-star of a healthy cooking segment on KITV and is preparing to launch her own cooking show. She teaches vegan cooking and meditation and is a spokesmodel for various enterprises. Her passion for helping animals has motivated her to establish Oahu's first farm animal sanctuary and to name it after her pet pig, "Peace."

SATURDAY, DECEMBER 17, 7 P.M.

MCCOY PAVILION

ALA MOANA BEACH PARK

Maui — Chef Li will also be presenting on Maui on Thursday, December 15th, at 4 p.m., at the Spirit of Aloha Gardens, 800 Haumana Road, in Haiku.



Vegetarian Society of Hawaii

Join Us!

For more info call 944-VEGI (8344) or visit VSH.org

FREE Admission & Refreshments

Refreshments courtesy of Down To Earth.