ORI ANN LI'S VEGAN PARADISE

A COOKING DEMONSTRATION

With the launching of her cookbook series entitled *Ori Ann Li's Vegan Paradise*, Chef Ori Ann is taking her readers on a journey around the world to find the tastiest vegan fare. Her first book, *Ori Ann Li's Vegan Paradise: 65 Unforgettable Recipes*, featuring Asian and fusion cuisines and tips on healing foods, was published this year. Her second book (not yet titled) features European & Middle Eastern cuisines. She hopes to bring as many people as possible along on her journey to "Vegan Paradise" where no animals are harmed and people are healthy and completely satisfied with the meals they eat.



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

Maui — Chef Li will also be presenting on Maui on Thursday, March 14, at 7 p.m., at Cameron Center, 95 Mahalani St., Wailuku.



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



hef Ori Ann Li received her culinary training in Europe and North America. She specializes in world cuisines and has a large fan base on the Internet with viewers tuning in to her from around the country and world. She is regarded as an innovative vegan culinary artist who strives to achieve the perfect balance between flavor. nutrition and aesthetics. She continues to travel to different points on the globe for inspiration and fresh ideas.



Refreshments courtesy of Down To Earth.