

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.

TUESDAY, MARCH 12, 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 Li will also be presenting on Maui on Thursday, March 14, at 7 p.m., at Cameron Center, 95 Mahalani St., Wailuku.



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.