“ADD A LITTLE HEALTH TO YOUR HOLIDAYS”
A COOKING DEMONSTRATION BY
BROOK AND HOME LE’AMOHALA

Learn some well-seasoned tips on how to incorporate delicious health into the holidays.

Featuring - Divine Cashew Mushroom Gravy, fresh homemade vegan milks and hot chocolate, Chocolate Cream Pie, and Fresh Living Apple Pie. Learn how to make a delicious Creamy Soup for any occasion, and a few yummy tricks for getting those important greens into your family’s diet.

Make every time you eat a feast for optimum personal and planetary vitality!

SATURDAY, OCTOBER 17, 7 P.M.
McCoy Pavilion
Ala Moana Beach Park

Maui — The Le’amohalas will also be presenting on Maui on Thursday, October 15th, at 7 p.m., at Kaunoa Senior Center, 401 Alakapa Pl., in Paia.

Brook and Home Le’amohala are the co-founders of the Optimum Living Alliance, a 501(c)(3) community outreach and educational organization. ola-life.org

Brook is the co-author of *Incredibly Delicious - Recipes for a New Paradigm* with over 500 vegan recipes from beginning to gourmet. She is also the founder of Mama Earth Cafe’, an organic vegan catering service. mamaearthcafe.com

Home and Brook are new parents of a beautiful 9-month-old son who will be presenting with them. Koa has been vegan since long before his conception and will be brought up eating a vegan diet. Brook has been vegan for over 15 years and was 100% vegan throughout her pregnancy. Home has been vegan for 12 years.

Vegetarian Society of Hawaii
Join Us!
For more info call 944-VEGI (8344) or visit VSH.org

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