

FREE

VEGAN & PLANT-BASED COOKING CLASS

WITH ASHLEY AMANDA

SATURDAY, JANUARY 13TH 2018

10:30 AM- 12:00 NOON

Simple & Delicious
Plant-Based Recipes



ON THE MENU

- BBQ JACK FRUIT TACOS
- VEGAN SLAW
- PASSION FRUIT TEA



Abby's
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Better Health Through Education

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