

FREE

VEGAN & PLANT-BASED **COOKING CLASS**

WITH ASHLEY AMANDA

SATURDAY, DECEMBER 9TH, 2017
AT 10:30 AM

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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