



## **VEGAN & VEGETARIAN SPRING CLASSES**

Learn the basics in vegan & vegetarian cooking and make wholesome, tasty main dishes, and accompanying sauces and salads. The recipes will highlight the use of legumes, grains, nuts and seeds and seasonal vegetables. Participants take home the food they prepare. The same classes will be offered on Wednesday and Thursday.

**Dates: Wednesday evenings** April 6, 13, 20 & 27. **Time:** 6:00 to 8:30 p.m.

**Thursday afternoons** April 7, 14, 21 & 28. **Time:** 1:00 to 4:00 p.m.

**Cost: \$160.00.** Includes ingredients.

**Location:** Mary Jane's Cooking School, 252 Arlington Street.

**To Register:** call Mary Jane's Cooking School: 204 775-2522 or email: [mjcookin@mymts.net](mailto:mjcookin@mymts.net)