



VEGAN & VEGETARIAN

Cooking Classes

Make wholesome & tasty main dishes with accompanying sauces and salads, highlighting legumes, grains, nuts and seeds and seasonal vegetables.

Take home what you prepare!

Dates: Thursday Afternoons: March 15, 22 & 29 & April 5. Time: 1:00 to 4:00 p.m.

Tuesday Evenings March 20 & 27 & April 3 & 10. Time: 6:00 to 8:30 p.m. Cost: \$180.00 for 4 classes.

To Register email call Mary Jane's Cooking School at 204 775-2522 or email: mjcookin@mymts.net

204.775.2522