



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: Wednesday Afternoons: April 5, 12, 19 & 26.
Time: 1:00 to 4:00 p.m. Thursday Evenings April 20 & 27 and May 4 & 11. Time: 6:00 to 8:30 p.m. Cost: \$160.00 for 4 classes.**

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

204.775.2522