



Compassionate Cooks is dedicated to empowering people to make informed food choices and to debunk myths about vegetarian cooking. Our popular classes give people the tools and resources they need to make delicious, nutritious meals that benefit their health, the Earth, and all its inhabitants.

Vegetarian Cooking Classes

by cookbook author **Colleen Patrick-Goudreau**

In our monthly demonstration cooking classes, we feature uncomplicated recipes, debunk myths regarding plant-based eating, eat yummy food samples, and have a lot of fun! Committed to using mostly local, seasonal, and organic ingredients, we provide students with copies of the featured recipes and a bevy of resources on nutrition, local restaurants, cooking tips, and more! \$49 per person.

LOCATION: First Unitarian Church of Oakland - 685 14th St. at Castro in Oakland. 10 a.m.-1 p.m.

2008 CLASS SCHEDULE:

- Jan 26** **Healthful Resolutions: Low-Cal, High-Flavor**
- Feb 23** **The Joy of Vegan Baking**
- March 29** **Demystifying Tofu & Tempeh**
- Apr 26** **Hearty Homestyle Italian**
- May 24** **Middle Eastern & Mediterranean**
- Jun 28** **Thai & Southeast Asian**
- Jul 26** **Burgers & Backyard Bites**
- Aug 23** **Mediterranean Menu**
- Sep 20** **Demystifying Tofu & Tempeh**
- Oct 18** **Comfort Foods Galore**
- Nov 15** **Thanksgiving for the Turkeys**
- Dec 13** **Holiday Cooking & Baking**

SIGN UP: To register for any class please visit www.compassionatecooks.com or call **(510) 531-COOK**.

JOIN OUR MAILING LIST:

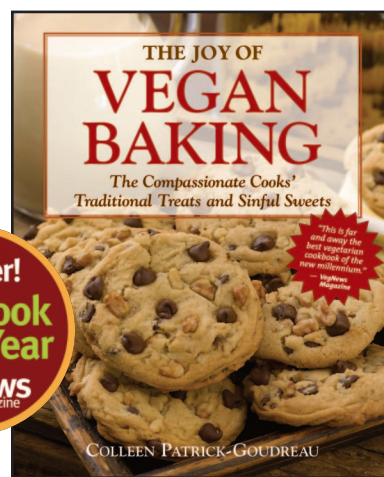
Visit www.compassionatecooks.com.



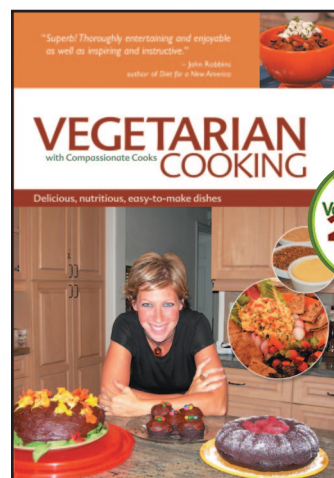
Thank you to *House of Produce* for their generous support.

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www.compassionatecooks.com

CLASSES TAUGHT BY THE AUTHOR OF:



AND THE HOST OF THE AWARD-WINNING COOKING DVD:



Visit compassionatecooks.com to order our first-of-its-kind Vegetarian Cooking DVD. Packed with recipes, nutrition info, and lots of fun. \$20