



Sylvia Thompson is the chef-owner of Licious Dishes.

Weekly menus of five meals will be available for order on [www.eliciousdishes.com](http://www.eliciousdishes.com) once the kitchen, which is currently under construction, is completed.

Rebecca Woodland (an affiliate of Licious Dishes) and Thompson both attended the Living Light Culinary Arts Institute in California and are Certified Chef/Instructors. Chef Woodland has written two cookbooks—*The Blonde Vegetarian* and *Candida Combat Cookbook*—with a third one on the way for diabetics.



# THE VIBRANT FLAVORS OF LIVING CUISINE

AN “UN-COOKING” DEMONSTRATION BY  
**CHEFS SYLVIA THOMPSON & REBECCA WOODLAND**

Does the mention of raw foods conjure pictures of boring veggie sticks and salads? Witness—Taste—then, Think again! Chefs Sylvia Thompson and Rebecca Woodland will show you how to prepare:

- Lemony Zucchini Bisque with Fennel Shavings
- Broccoli-Pesto Stuffed Mushrooms
- Tatsoi Salad with Marinated Red Onions, Mint and Olives.

Living cuisine is not cooked over 115 degrees in dehydrators (if necessary) so that the natural flavors and liquids are preserved, as well as the natural enzymes of the plants necessary to aid digestion.

**SAT., JAN. 13, 7 P.M.**  
**MCCOY PAVILION**  
**ALA MOANA BEACH PARK**

**Chefs Thompson and Woodland will also be “un-cooking” on Maui: Mon., Jan. 15, at 7 p.m., Cameron Center, 95 Mahalani St, Wailuku.**



**Vegetarian Society of Hawaii**

Over 2000 Members Strong—Join Us!

For more info call 944-VEGI (8344) or visit [VSH.org](http://VSH.org)

**FREE Admission & Food Samples**