

# “ADD A LITTLE HEALTH TO YOUR HOLIDAYS”

A COOKING DEMONSTRATION BY

## BROOK AND HOME LE'AMOHALA

Learn some well-seasoned tips on how to incorporate delicious health into the holidays.

Featuring - Divine Cashew Mushroom Gravy, fresh homemade vegan milks and hot chocolate, Chocolate Cream Pie, and Fresh Living Apple Pie. Learn how to make a delicious Creamy Soup for any occasion, and a few yummy tricks for getting those important greens into your family's diet.

Make every time you eat a feast for optimum personal and planetary vitality!

**SATURDAY, OCTOBER 17, 7 P.M.**  
**MCCOY PAVILION**  
**ALA MOANA BEACH PARK**

**Maui — The Le'amohalas will also be presenting on Maui on Thursday, October 15th, at 7 p.m., at Kaunoa Senior Center, 401 Alakapa Pl., in Paia.**



**Vegetarian Society of Hawaii**

**Join Us!**

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



Brook and Home Le'amo-hala are the co-founders of the Optimum Living Alliance, a 501(c)(3) community outreach and educational organization. [ola-life.org](http://ola-life.org)

Brook is the co-author of *Incredibly Delicious - Recipes for a New Paradigm* with over 500 vegan recipes from beginning to gourmet. She is also the founder of Mama Earth Cafe', an organic vegan catering service. [mamaearthcafe.com](http://mamaearthcafe.com)

Home and Brook are new parents of a beautiful 9-month-old son who will be presenting with them. Koa has been vegan since long before his conception and will be brought up eating a vegan diet. Brook has been vegan for over 15 years and was 100% vegan throughout her pregnancy. Home has been vegan for 12 years.

**FREE Admission & Samples**