

SUGAR FREE DESSERTS

A DEMONSTRATION BY

SUSAN TETON CAMPBELL

Using natural nuts, fruits, seeds and wild crafted sweeteners, Chef Teton will show you how to make nourishing desserts. The demonstration will include vital information about how to use nuts and seeds to their full potential, and thicken fruits the vegetarian way for luscious puddings. Using these methods we can create the satisfying richness we love in desserts. Recipes will include Cacao Truffles with Coconut Cream and Pineapple Berry Pie.

SATURDAY, OCTOBER 23, 7 P.M.
MCCOY PAVILION
ALA MOANA BEACH PARK

Chef Susan Teton Campbell will also be presenting on Maui: Wednesday, October 20, 7 p.m., 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



Susan Teton Campbell, known as the Green Chef, took her advocacy in the kitchen after years of lecturing about food, health and the environment with her award-winning book “The Healthy School Lunch Action Guide” and curricula motivating kids to make healthier food choices. Recently she produced Chef Teton’s Essential Cuisine, a 6 –Set DVD food show series highlighting Raw, Cooked and Cultured Foods, a diet similar to the celebrated Centenarians. As Chair of Slow Food Maui, Susan is inspired to help create a healthy whole systems approach to farming, dining, and health. Her body, mind, soul approach is to “Make Every Bite Count.”

FREE Admission & Refreshments