

# VEGETARIAN & VEGAN COOKING MADE EASY: LECTURE, DEMONSTRATION, AND SAMPLING!

**FREE!**

**1<sup>ST</sup> & 3<sup>RD</sup> MONDAYS  
OF EVERY MONTH  
AT DOWN TO EARTH**

**5:30 PM - 6:30 PM**



**Cynthia Cruz**

**Down to Earth Vegetarian Chef**

Learn Cynthia's recipes for amazing vegetarian dishes that are easy to make!

Join her the first and third Mondays of every month to see how she uses local, organic, and wholesome ingredients to make healthy and delicious entrees, soups, breakfasts, and desserts.

With her extensive cooking and baking experience, you'll find Cynthia's classes to be a wealth of information, and her delightful personality makes these classes great fun!

We hope you will join Cynthia for her cooking classes at our Pearlridge location!

*See you there!*

**Pearlridge - 98-129 Kaonohi Street - (808) 488-1375**

**Open 8:00 am - 10:00 pm, Mon - Sun.**

