

Seaside Yoga Sanctuary presents:
Wellness Cuisine Preparation Class
Healthy Eating for Happy (Holy)days.

(class and/or dinner)
With YogiChef Briksha

Saturday, Dec 17th
Class: 1-4pm Dinner: 4:15-6:15pm



Along with how to eat healthy and tasty food and remain free from not-food (junk food) in Holidays, Briksha will share how to enjoy holidays with the friends and Family maintaining your choice of Wellness cuisine!

This class will help you to begin and maintain a Healthy eating lifestyle. Along with the food prep class you will get some practical tips to stay on the path by bringing more healthy and tasty cuisine into your Kitchen.

Cost: Food prep class \$55 by 12/10, \$65 after
Or \$70 with Vegan dinner by 12/10, \$80 after
\$20 for dinner only

Students will receive ingredients packet, recipe demo, a handout with practical guidelines and tastes of various recipes.

Pre-registration is required, please contact studio at 831-899-9642
or register on-line at www.seasideyogasanctuary.com.

Food Class Menu Includes:

1. Green Smoothie

- a. Celery Cream
- b. Green Delight!
- c. Briksha's favorite greenish red smoothie
- 2. Wellness Drink:** Yogi Soup- For flexibility, energy and Calcium
- 3. Dairy free milk and cheese** -Hemp milk and brazilnut or almond milk, cashew/walnut, macadamia cheese
- 4. Granolas-** Nut-free, grain free, can be used as dessert without dehydration
- 5. Rainbow Fruit salad** with Chia pudding (optional)
- 6. Basic Dressing/sauce** – Tahini or Hemp-coconut (create varieties from it, like curry-dressing etc)

Green Pate -Simple Pate- (Eat more green) how to convert it into veggie ball or bread
8. Veggie burger and veggie ball with .
Plum/mango chutney-how to use it as dressing (nut free, oil free)
9. Dessert – Chocolate pie and mousse or Pumpkin Pie
+ Tips for how to cook healthy grain, and soup (for healthy vegan eating-if you are not raw!)

Dinner Menu

Kitchery- (Indian way of grain and lentil mix)
With Mahendra Soup-cauliflower, sweet potato, lentil soup
Veggie Burger with Cranberry chutney
Dessert Mousse

-how to use in salad, in a healthy cooked grain , Bread etc

Masala Chai-with Hazelnut/hemp milk
Rainbow salad with tahini-Curry dressings.

7. Intro to Wellness and Green cuisine-

Soaking and Sprouting Principle- Rainbow salad.

.Yogi Drink –Immune Builder for Cold and General Wellness

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