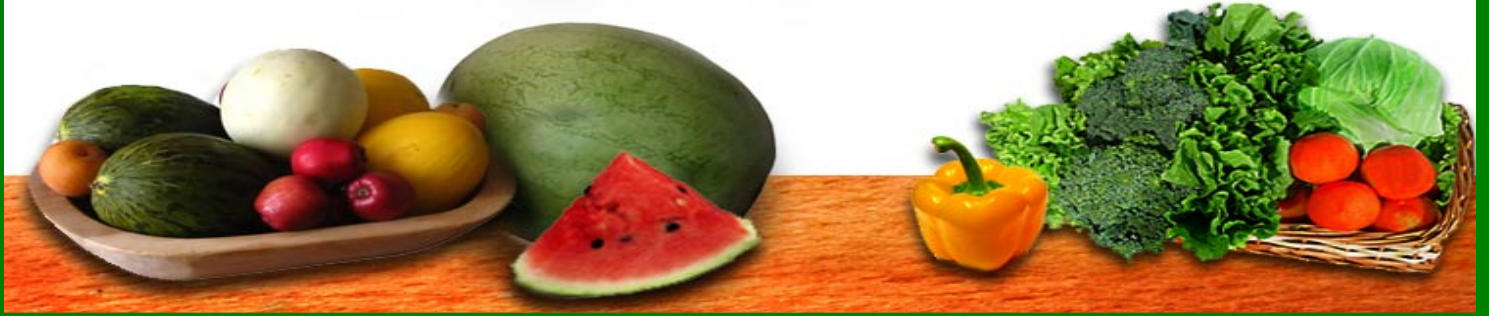


EarthLite Raw Foods

Introductory Uncooking Class



*Maureen Terrey, Certified Raw Chef
and organizer/presenter of Green Smoothie Challenges,
will show you how easy it is to prepare these raw vegan recipes:*



- **Green Smoothies** (Increase your energy, regulate weight, reduce food cravings, and nourish your body!)
- **Mixed Greens with Creamy Avo Dressing**
- **Amazing Avocados and Alfalfa Sprouts**
- **Veggie Pate & Savoury Dehydrated Crackers**
- **Tropical Fruit Tart in Pecan/Walnut Crust**

Wednesday, July 8, 6-9 pm
Trinity Memorial United Church
33737 George Ferguson Way, Abbotsford

\$35 includes hearty samples of these scrumptious foods
(Primarily organic ingredients)

Seating is Limited - Reservation Required!

Order tickets at Busye Bodye Naturals
33779 Essendene Ave - 604-851-5223
Email: grnsmoothiechallenge@gmail.com