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## Asia

Everyone loves to eat Oriental - whether it's in a restaurant or take out. While typically laden with heated oil, MSG or white sugar, this raw version is energy food all the way. Asian wraps, such as spring rolls and nori rolls, can be eaten alone or pair them with other delicious entrées, sides and dessert for an over-the-top Asian feast! You will learn:

- \*How to roll picture perfect vegetarian sushi and spring rolls.
- \* How to make a creamy and spicy soup in less than 10 minutes.
- \* How to make a vegetarian teriyaki that tastes just like the traditional version - without heated oil, MSG & white sugar.
- \* How to prepare a “Not so Beef ‘n Broccoli”, without meat and stir-frying.
- \* How to make a light, colorful, and refreshing tropical fruit ambrosia - the perfect finalé for any Asian themed meal.

**MENU:** *Spring rolled filled with crispy veggies and served with a “peanut” sauce, Spicy Lime Green Coconut Cilantro Soup, “Not so Beef ‘n Broccoli with Portobello Mushrooms, Vegetable Teriyaki Stirred, not Fried, Tropical Fruit Ambrosia with a Sweet Orange Cream Sauce.*

