

*Cooking Series for Rising Sun Detox Club Members
Cooking with Therapeutic Grade Essential Oils & Superfoods*

Enjoy Your Sweets Guilt-Free

Celebrate Heart Health month with Passion and Purpose

Learn to prepare gluten-free healthy chocolate recipes infused with essential oils presented by Holistic Teaching Chef Ray Shim and Nutritionist Angela Shim.

Experience first hand creative ways to include superfoods and therapeutic grade essential oils to enhance vitality to your recipes and to your cooking experience.

February's feature recipe

Orange Chocolate Quinoa Cake and more

Date: Sunday February 13, 2011
Time: 2-4pm
Place: 108 Baker Ave., Richmond Hill
Cost: \$25 Limited Seating for 8 Maximum
Payment in Advance to Secure Spot
Detox Club Members 1st Priority
Register: The Rising Sun 905.884.3362

