

Learn Genuine Indian Plant-Based **Sacred Diet Cooking!**

When: Sun: Mar 19th, 26th, Apr 2nd, 9th

Where: 687 W. Villanova Rd, Ojai Ca.

Email: brajarani@hotmail.co.uk

Contact: Brajarani (805) 640-0405

Time: 2-4pm (Two hours)



You eat what you learn!

You are what you eat!

Benefits of attending this delicious class...

- Improvement to your health & energy levels.
- Less negative impact to the environment.
- Learn how to use healthy herbs and spices.
- Master cooking that is both tasty and nutritious.
- Take up a diet that will free you from bad karma.
- Gain clear thinking and greater self awareness.
- "Loving Animals" will be a way of life not just talk.
- Your grocery bills will go down. (That's cool!)
- Your grandmother will be very impressed!
- Opportunity to meet good, kind, thoughtful people.
- Everyone will love you at the next pot luck you attend.
- Gain benedictions from upholding 1st leg of dharma.

*"If one offers Me with love and devotion
a leaf, a flower, a fruit or water, I will
accept it. - Bhagavad Gita As It Is 9.26*

American Vedic Association

Class One:

- Why Vegetarian? History & Philosophy
- How to make fresh curd. (Farmers cheese)
- Mattar paneer (Milk curd & peas curry)
- Purries (Fried puffed indian bread)

Cost:

Four Classes
@ \$25 = \$100
Early Sign up
Discount: \$80

Class Two:

- Dal (Hearty Indian lentil soup)
- Seasoned Vegetable Rice
- How to make ghee (Clarified cooking butter)

Class Three:

- Mixed vegetable pakoras (like fried tempuras)
- Fruit Halava (Sweet semolina cake-like treat.)
- How to make home made caramel

Class Four:

- Gobi Parathas (Stuffed cauliflower bread)
- How to make fresh home made yogurt
- Raita (Yogurt based sauce)



Your Teacher
Brajarani Dasi

*A vegetarian from childhood and trained at a young age in
the fine art of Indian cuisine. She knows the tips and secrets
for fixing an extraordinary Indian meal, handed down to her
from her mother as preserved for generations!*



*destroy with the torchlight of knowledge the
darkness born of ignorance." - Bhagavad Gita As It Is 10.11*