

Peace, Love & Raw

*Sprouted • Raw • Vegan
Gluten- & Corn-Free*



**Simple ways
to become a
Rawk Star!**

**4:30-7 PM
Tues, March 5
Free!**

Join us in the **Longhouse Cedar Room** for simple ways to incorporate raw into your daily life using only a blender!

Leland & Nicole Harmell owners/operators of Peace, Love & Raw in Olympia, WA will touch on the benefits of Sprouting & Soaking Nuts, Grains & Seeds. Then you will learn how to make two simple Raw Nut Milks, Raw All Purpose Sauce/Dip & Raw Mousse. You will be amazed on the unlimited creations you will come up with by using these recipes.

Brought to you by the Campus Food Coalition