

The Barnert Temple GreenFaith Committee presents:

Cooking with Beans Workshop



Barbara L. Minton of Naturalnews.com writes:

“What if there was a delicious, versatile, meatless, high protein food that could almost magically bring you good health, help prevent heart disease, cancer, diabetes, and keep your weight in check?

This food is the mighty bean
and it is turning out to be a research superstar!”

**Join us at Barnert Temple for another great cooking class
with Barbara Laino of Midsummer Farm in Warwick, NY.**

Together we'll make a selection of fabulous bean dips, nourishing bean soups, refreshing bean salads (great for packing for work or school lunches), minestrone, and a variety of other recipes.

Also, learn about bean spouting!

**Barnert Temple
Wednesday, January 25
7 – 9:30 pm
\$25 per person**

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