

4/25/12

Hello, everyone!

If you have a gluten sensitivity or food allergy, you know how difficult it can be to eat well without feeling deprived. Now, great-tasting gluten-free, dairy-free, animal-free meals have never been simpler.

In her book, Susan O'Brien, a food allergy sufferer herself, shows you how to make a wide range of dishes that are both gluten-free and vegan, including:

- *Mexican Quinoa Salad*
- *Yam Enchiladas with Pomegranate Sauce*
- *Peach and Blueberry Cobbler*
- *Stuffed Butternut Squash*
- *Asparagus Risotto*
- *Pumpkin Scones*
- *No-Bake Chocolate Cookies*
- *Italian Style Pasta and No-Meat Meatballs*
- *Fresh Avocado and Cucumber Soup*
- *Coconut Pancakes*
- *and many more!*

Mark your calendars! You definitely don't want to miss this EVENT. Susan O'Brien is traveling all the way from Washington State for EVEN and for Y-O-U! We hope to see you there!

Upcoming EVENT

Reading and Book Signing (and Food Sampling!)



Susan O'Brien

Author of *The Gluten-Free Vegan* and *Gluten-Free Vegan Comfort Food*

Susan O'Brien is a gourmet cook, baker, cooking instructor, and healthy eating coach. She frequently conducts cooking classes across the West coast. She lives in Gig Harbor Washington.

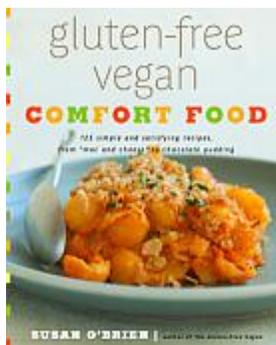
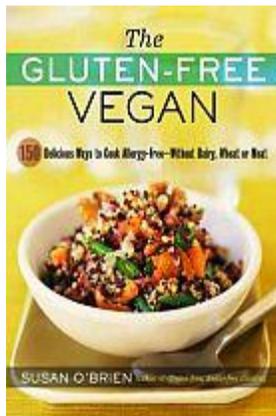
Saturday, May 5, 1 PM

Barnes & Noble

1163 Valley River Dr

Eugene

(across from Valley River Center)



Sponsored by the Eugene Veg Education Network (EVEN)

www.eugeneveg.org

---EVEN - serving as a vegan resource since 2005---

The **Eugene Veg Education Network (EVEN)** is an **official 501(c)(3)** non-profit based in Eugene serving as a resource for those seeking information on a **healthful, vegan lifestyle**. EVEN's emphasis is one of **non-violence, compassion and sustainability**. Focus is on the **interconnectedness of all life** and how a plant-based diet benefits the earth, non-human animals, and the individual. EVEN's **Mission Statement** is **to inform, educate & encourage our members**--- as well as the larger community ---by providing pertinent information on veganism and its positive impact on the health of the planet and all its inhabitants. www.eugeneveg.org
Peace.