



Playdate in the Park September 22!



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Does Your Child Suffer from Food Allergies? Vegan Baking May Help



The award winning, Lake Side Cafe, in Rogers Park, famous for their creative vegan and vegetarian menu and delicious desserts, regularly offers vegan and vegetarian hands-on cooking classes...

Their latest offering can help you learn the skill of vegan baking and how to convert your favorite baked good recipes to vegan versions.

Vegan Baking: The Essentials to Baking with Compassion

October 4, 2009

Noon to 3 p.m.

Taught by Dacia Lange, the class will show you how simple it is to convert your favorite "sweets" recipes using vegan ingredients.

The Cost for the class is: \$68 pre-paid or \$75 at the door, if space is available.

Where: Lakeside Cafe, 1418 W. Howard St. Chicago, IL

For more information call: 773-262-9503.

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