

Summer Shiatsu Mini-retreat Menu

- ❖ Chilled lima bean coconut soup
- ❖ Roasted brown rice pilaf and combo of seasonal veggies
- ❖ Green salad with edible flowers
- ❖ Tahini and cocoa fudge with a few berries for decoration
- ❖ Bitter herbs tea

All recipes are vegan-friendly.

