

Morsels for the Mind Book Group

Date: June 2013

Book Title: Forks Over Knives DVD + Cookbook
Hostess: Nancy McQuate with reference to The China Study

Food Served: Plant Based food: Beet + nut cheese appetizer, Mangopina coladas, Superberry Sorbet, Vegan nut cheese + crackers, massaged Kale Salad, Vegan brownie bites, Lasagna,

Book Synopsis:
Value of eating plants based over dairy and meat.
Protein doesn't have to come from just meat.

Review:

Highlights of Discussion:

Food demonstration + MORSEL Participation!
Fun with the Vitamix !!

Attendance: Nancy M., Nancy D., Nancy S., Sandy, Anne H.
Anne Stork, Julie

Suggestions/ Business:

Changed MORSELS meeting from Thurs. to
Second Wed of the month starting in Sept. 2013.