



BotaniCuisine

Plant-Sourced Dining Outreach



NOVEMBER 2020

**HOLIDAY SEASON
NOV. & DEC.**

FREE VIRTUAL CELEBRATION



VISIT WEBSITE [HERE](#)



Veg Society of Washington DC's 46th Thanksgiving Celebration

Starts 4 pm PT / 7 pm ET. Featuring an insightful talk by Victoria Moran, *Vegan Vitality in Covid Times*. Victoria is a vegan of 36 years and Oprah-featured author of 13 books. She shares advice for self-care, re-framing, personal growth, and vitality maintenance needed now, and how to be a source of healing. Free, must [pre-register here](#) at least one day in advance.



GLORIOUS FOOD FOR THE HOLIDAYS

Whole-Food, 100% Plant-Based Recipes from Forks Over Knives: Appetizers, Soups, Salads, Mains, Sides, Desserts. [RECIPES HERE](#)

Physician's Committee for Responsible Medicine Recipes
[Free Thanksgiving Guide Download](#)

Ultimate Guide to Shopping for Vegan Holiday Roasts by Veg News
[View List Here](#)

Connoisseursveg.com Recipes

- [Appetizers](#)
- [Soups](#)
- [Main Dishes](#)
- [Sides](#)
- [Desserts](#)



THE POWER PLATE

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