

Preparing for a party or just fixing for the family good recipes and techniques always come in handy.

In Vol 1 El Ha Gahn is sharing some of his favorite foods including

- * Tabouli
- * Quacamole
- * Hummous
- * Sweet Pepper Salad &
- * Channa

In addition to helping you prepare for some good eating, he explains the basic principles of Vegan food preparation for Health and Vitality in your daily life.

El Ha Gahn has been involved in vegetarian food preparation since 1972. He is also an herbalist, Naturalist and a specialist in plant based nutrition. All of the information in this video is offered in the spirit of Love and Peaceful Karma

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