



★ *Do someone a flavour*

Preena Chauhan and her mom, Arvinda, blend the fabulous flavours of India with healthy, sustainable food practices. They run Indian food cooking schools in Toronto and Oakville, Ont., that offer classes featuring seasonal, organic ingredients. The Chauhan family, including Arvinda's son, Paresh, all have the gift of good flavour. Their line of Arvinda's spice blends (such as garam masala and madras masala, \$5 each) is made in Canada, using some local ingredients, such as Ontario-grown organic garlic. The spice blends come in tins made from recycled materials and, of course, are wonderfully delicious!



**Arvinda's Spice Blends,  
\$5 each; [arvindas.com](http://arvindas.com)**