



Please Join Us in Celebrating Good Health!

VIRTUAL COOKING DEMONSTRATION

HAVE YOUR CAKE AND EAT IT TOO: HEALTHY DESSERTS

AUGUST 21ST

12:00PM – 1:00PM ET

You will learn to...

- Prepare guilt free desserts and chocolate favorites
- Cut calories using simple substitutions
- To bake gluten free and enjoy
- To have your cake and eat it too!

Sample the Recipes:

Blueberries with Lemon Cream, Garbanzo Bean Chocolate Cake and Mixed Berries & Yogurt Frozen Treat

CLICK HERE TO REGISTER

To test the software prior to this webinar, go to: <https://zoom.us/test>