



**Please Join Us in Celebrating Good Health!**

## **A LIVE VIRTUAL COOKING DEMONSTRATION**

## **GLOBAL CUISINE MADE HEALTHY**

**MARCH 9<sup>TH</sup>**

**12:00PM – 1:00PM EDT**

### **Learn how to...**

- Eat global healthfully
- Incorporate “best in health” attributes from a variety of countries
- Make wise ingredient recipe substitutions when needed

### **Featured Recipes:**

**Pea Pesto Crostini, Cauliflower Fried Rice and  
Mixed Berries & Greek Yogurt Frozen Dessert**

**CLICK HERE TO REGISTER**

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

