



Please Join Us in Celebrating Good Health!

COMFORT FOODS MADE HEALTHY

A Virtual Cooking Video

Watch & Learn...

- How to make lighter versions of your comfort food favorites
- Ingredient substitutions to reduce fat, salt, and sugar
- Creative and healthier food incorporations to create more nutritious meals

Featured Recipes:

Light Caesar Salad

Farro Bolognese

Garbanzo Bean Chocolate Cake

[CLICK HERE TO WATCH](#)



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