

**"Healthy Doesn't Have To Be Hard"**

**FUELLED Bermuda Group Cooking Demonstrations**



**With Agathe Holowatinc, Integrative Nutrition Health Coach**

**Menu – Monday, August 24, 2020**

**“SIZZLIN’ SUMMER GO-TO’S”**

- **Sautéed Shrimp With Aga’s Kickin’ Shrimp Sauce**
- **Powerhouse Turmeric Quinoa (Optional: Savoury Sautéed Onions)**
- **Glorious Gut Sauerkraut & Pineapple Salad**