

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

**FUELLED Bermuda Group Cooking Demonstrations**



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

**Menu – Monday, August 30, 2020**

**“Amazing Vegan Supper”**

- **Roasted Taco Cabbage with Chickpeas**
- **Powerhouse Turmeric Brown Rice, Savoury Sautéed Onions**
- **Knock-Out Kale Salad, Creamy Tahini Dressing**