

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

**FUELLED Bermuda Group Cooking Demonstrations**



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

**Menu – Monday, September 14, 2020**

**“Supper in a Snap!”**

- **Curried Grated Carrots**
- **Buckwheat with Grass-Fed butter or Ghee**
- **Roasted Grass-fed Chicken Thighs/Legs with Cajun, Mesquite or Curry Spice – You Choose!**