

"Healthy Doesn't Have To Be Hard"

FUELLED Bermuda Group Cooking Demonstrations



With Agathe Holowatinc, Integrative Nutrition Health Coach

Menu – Monday, September 28, 2020

“Exotic Eggplant and Lamb Burgers”

- **Agathe’s Exotic Eggplant**
- **Easy & Quick Lamb Burgers**
- **Powerhouse Turmeric Brown Rice, Savoury Sautéed Onions**