

"Healthy Doesn't Have To Be Hard"

FUELLED Bermuda Group Cooking Demonstrations



With Agathe Holowatinc, Integrative Nutrition Health Coach

Menu – Monday, October 19, 2020

“Fall Favourites”

- **Sauteed Callaloo (Jamaican spinach) with optional chickpeas (vegan) or grass-fed/organic ground meat of your choice**
- **Roasted Butternut Squash**