

"Healthy Doesn't Have To Be Hard"

FUELLED Bermuda Group Cooking Demonstrations



With Agathe Holowatinc, Integrative Nutrition Health Coach

Menu – Monday, October 26, 2020

“Maple Madness”

- **Spinach Salad, Goat Cheese, Maple Roasted Walnuts, Omega 3 and Berries Homemade Maple Vinaigrette**
- **Canadian Maple & Pink Salt Salmon**