



Summer Sweets

Virtual Food Demo

VIA ZOOM

JUNE 13, 2023

AT 10 AM

Tropical Smoothie Bowl



Lemon Raspberry
Chia Seed Pudding

**COME JOIN THE ONLINE FOOD DEMO AND
LEARN HOW TO MAKE 2 HEALTHY
SWEETS TO TRY THIS SUMMER!**

**BONUS: BOTH RECIPES ARE DIABETES
FRIENDLY AND EASY TO MAKE!**

**JOIN USING THE LINK BELOW
OR SCAN THE QR CODE ----->**

https://us06web.zoom.us/join/register/tZMtdeitqDkrH9S_k5fyffAZ89yCXF5LqbYm



For Questions Call Community Health Nutrition Program at:
520-562-5126