

“GRAB & GO BREAKFAST” VIRTUAL COOKING DEMONSTRATION



Sometimes the best way to learn is to watch - and do! Join us for an interactive virtual cooking demonstration with AllOne Health Registered Dietitian, Heiki! Heiki will guide you through two easy go-to breakfast recipes - Egg Muffins and Overnight Oats.

Heiki will also help you understand which ingredients make the most sense to stock in your cupboards and provide additional tips to reduce minutes you spend in the kitchen. Recipes will be provided in advance so that you can have ingredients ready to cook along with us!

Date: March 6

Time: 6:00pm - 7:00pm CST

Location: Teams (follow meeting link at time of event)

Presenter: Registered Dietitian, Heiki Cunningham

Registration: Please **RSVP [here](#)**