**Cooking Demo – Delicious and Nutritious for four!**

**Objectives:**

1. Learn how to include fruits and veggies in a main dish, a side dish, and a dessert the whole family will love.
2. Learn how to make your own delicious salad dressing!
3. Learn how to include fibre in every step of your meal!

During this lovely cooking demo, you will learn how to use meat alternatives to make a tasty main dish, how to create your very own delicious salad dressing, and how to throw together the fastest dessert ever. Eating healthy has never been this easy!

Join Jade on Monday, November 18th at 10:00 AM.