

2021 LIVE VIRTUAL COOKING DEMOS



Embrace Autumn with Nourishing Recipes!

Brought to you by Heather Wolfe

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CERTIFIED HEALTH COACH AND COOKBOOK AUTHOR



Tuesday, October 12 12:15-12:45p via Webex
Healthy Cooking Demo: **Pumpkin-Apple Soup**

This simple seasonal soup featuring carrot, apple and squash is just the thing to warm you on cooler autumn days. Join Heather Wolfe for a live virtual demo of her pumpkin-apple soup.

Tuesday, November 9 12:15-12:45p via Webex
Healthy Cooking Demo: **Couscous Cranberry Harvest Salad**

Give gratitude for the autumn harvest with this easy whole grain salad that will compliment any holiday meal. Join Heather Wolfe for a live virtual demo of her whole wheat couscous-cranberry salad.

Tuesday, December 14 12:15-12:45p via Webex
Healthy Cooking Demo: **Mini Chickpea Fritters with Tahini Sauce**

Small in size, big in flavor! These mashed chickpeas formed into a patty and pan-fried make a perfect plant-based appetizer, snack or main meal protein source. Join Heather Wolfe for a live virtual demo of her chickpea fritters.