	Cook Time Pre	p Time
	NUTRITION FACTS Number of Servings Calories Per Serving	
	Total Fat	Total Carbohydrate
	Saturated Fat	Dietary Fiber
	Trans Fat	Total Sugar
	Cholesterol	Protein
	Sodium	
IGREDIENTS	DIRECTIONS	

TIPS



## HEALTHY LIVING CLASSES

Visit **kp.org/classes/ga** for addtional health and wellness resources as well as class schedules!

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