	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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