

Cook Time

Prep Time

## NUTRITION FACTS

Number of Servings

Calories Per Serving

Total Fat

Saturated Fat

Trans Fat

Cholesterol

Sodium

Total Carbohydrate

Dietary Fiber

Total Sugar

Protein

## INGREDIENTS

## DIRECTIONS

## TIPS



### HEALTHY LIVING CLASSES

Visit [kp.org/classes/ga](https://kp.org/classes/ga) for additional health and wellness resources as well as class schedules!

