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** 





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

