



COOKING FOR HEALTH

tips for healthy eating . . .



Partners in Motion
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COOKING FOR HEALTH

Host **Paulette Millis** will demonstrate healthy cooking techniques by preparing dishes using natural ingredients without preservatives. These short “*Cooking for Health*” episodic productions will explain the advantages of this style of food preparation and its benefits to our health.

*Episodes include:
15 x 3min.*

1. Veggie Rice
2. Stir-fry
3. Oat Bran Carrot Muffins
4. Smoothies
5. Devilled Eggs
6. Cheese
7. Yogurt
8. Chicken Salad
9. Salad
10. Salad Dressing
11. Beans
12. Baked Beans
13. Savory Pepitas
14. Sprouts
15. Raw Nuts



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