

"Super Snacks" Cooking Demo

Come join us to learn about superfoods and the qualities they possess to create more nutrient-dense snacks.

RECIPES



- Chia seed pudding
- Berry Breakfast muffins
- Homemade granola bars



Allied Health, Room 2030



March 27, 2023
12 PM – 1 PM



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**Educational handouts,
recipe cards, and
taste testing available!**

**Presented by SLU dietetic interns:
Julia Horowitz, Sydney Beach-Lowry, and Abbie Parizek**