

Cook Time

Prep Time

### NUTRITION FACTS

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Number of Servings

Calories Per Serving

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**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!

