

Cooking Show



Soul-Soothing Sips and Citrus Bliss

Get ready for a warm hug in a bowl that revives your spirit, followed by a bright, tangy treat perfect for any moment. Whether you're craving comfort or a little sweetness, these recipes will bring joy to your table with every spoonful and slice.

Thursday, December 18
Noon – 1 p.m.

Register Here

Can't make it? That's okay!

Register anyway and we'll send you the recording after the show and you'll be entered in a raffle for a free cookbook!

Questions? Contact wellness@phs.org



Chicken soup & one-bowl lemon poppy seed yogurt snacking cake