

Cooking Show



Love at First Bite: Heart-Healthy Snacking for Strength and Joy

February is all about **heart health** and **smart snacking**, blending indulgence with intention. This month's recipes celebrate sweetness without excess sugar and bring fiber, antioxidants, and protein into every treat. Whether sipping a smoothie, savoring a muffin, or crunching on a quinoa bite, each recipe delivers cardiovascular support and energy that lasts, reminding us that **caring for your heart can taste downright delicious**.

Thursday, February 26

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



*Super Strawberry Rhubarb
Smoothie, Dark Chocolate
Zucchini Muffins,
Veggie Quinoa Bites*