

# Cooking Show



## Nourish Your Immunity, Energize Your Year

January kicks off with foods that warm the body, strengthen immunity, and lay a healthy foundation for the months ahead. With winter's chill, the focus is on nutrient-dense ingredients that steady digestion, boost brain and liver health, and energize mornings. From leafy arugula to ancient grains and veggies, these breakfasts prove that savory can be just as comforting as sweet, setting the stage for a year of mindful nourishment.

**Thursday, January 22**  
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](mailto:wellness@phs.org)



**Arugula Power Bowl,  
Veggie Omelet Waffle,  
Quinoa Egg Bites**