

Cooking Show



Better Breakfast, Better Days

Start Better Breakfast Month with pancakes you'll love—and that love you back! Our blender banana oatmeal pancakes offer fiber and potassium, while blissful blueberry high-protein pancakes keep you full and fueled for a productive day.

Thursday, September 25
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



SCAN ME



***Famous blender banana
oatmeal pancakes &
Blissful blueberry high
protein pancakes***