Cooking Well with Diabetes

TEXAS A&M AGRILIFE EXTENSION

Diabetes Cooking School

Learn how to reduce sugar, salt, fat and increase fiber in prepared meals and snacks.

Fee: $10

2019
Nov 6th and Nov 13th

Time: 11am-12pm

To RSVP
Call 903-935-8414 by Oct 31st

Will cover the following topics:

- Identify the special cooking properties of sugars
- Be able to reduce, eliminate or substitute ingredients in recipes to reduce the sugar content
- Making recipes with fat better for You
- Double-Pleasure side dishes

Classes will be held at the New Bethel MBC, 408 Milton, Marshall TX 75670

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