

**Andreasen Center
for Wellness
Andrews University**

Beijing Room

**September 29, 2019
11:00am-12:30pm**



Instant Pot Cooking Demo

**Sponsored by the School of Population Health, Nutrition &
Wellness and College of Health & Human Services**



Learn how to batch cook plant based foods, using the Instant Pot pressure cooker! Take the guess work out of what's for dinner and adopt this simple way to prepare meals.

