

# MCPS Presents

# *Healthy Snacks Demo*

with Elizabeth Gabrielson, RDN, LDN

This is the most practical cooking demo yet. Chef Elizabeth shows employees how to create healthy, festive, and tasty snacks using her secret ingredient – popcorn! Choose the flavors for any mood, season, or occasion. Whether you are feeling zesty, sweet, smooth, or tangy, Chef Elizabeth demonstrates how employees can easily create a wholesome and satisfying snack. It's affordable, it's healthy, and it's practical. Employees will absolutely leave this demo and make this snack at home or in the office. It's the one cooking demo everyone has to try!



## RECIPES:

- Cajun Popcorn
- Cocoa Peanut Butter Popcorn
- Coconut Curry Popcorn
- Maple Spiced Popcorn
- Ranch Popcorn
- Pizza Popcorn

**Monday, August 17, 2026**  
**12:00 p.m. - 1:00 p.m. EST**

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