

MEALS IN AN INSTANT

DATE:
Thursday,
April 23, 2020

TIME:
6:00 p.m. to 7:30 p.m.

Class size is
limited to 12
participants.

Pre-registration is
required.
You may register
from
March 30 through
April 18, 2020.



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Maplewood Public Library
7550 Lohmeyer
Maplewood, Mo. 63143
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Do you have an electric pressure cooker or plan to get one and are not sure how to use it? This *HANDS-ON* class will cover:

- *Different pressure cooker models*
- *Appliance features*
- *Safety tips*
- *Additional equipment you can purchase*
- *Tricks to make cooking a breeze*

Participants will complete a recipe in an electric pressure cooker and sample different recipes.



Presented by Leslie H. Bertsch, MS,
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Nutrition & Health with the
University of Missouri Extension.