

Cooking with Less Sugar

So, why do we need less sugar... and what do we need to do about it? What are some alternatives? Come and find out while preparing a dessert and fruit salad to enjoy or take home. You CAN have your cake and eat it too!



Instructor: Charolett Knapic
Owner of Echo Landscapes
and Beautiful Day Cafe

Location

Beautiful Day Café—2516 E. Central Ave, Wichita KS

9/20 (Monday) 6-8pm

Cost: \$44



WSU SOUTH and WSU HAYSVILLE



For more information and to register online, please visit...

<https://www.wichita.edu/academics/communityeducation/communityeducation.php>

Face masks and 6-foot social distancing is not required but respected

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