

Cooking Demo

Vegetarian Grape Leaves,
Cucumber Sauce & Spinach Pie

May 16, 2023

11:30 – 12:30 pm

Virtual Session | Microsoft Teams

Join Chef George as he prepares Vegetarian Grape Leaves, Cucumber Sauce, and Spinach Pie.

Meet Your Chef:

Chef George Rapis is a culinary dietitian. He studied culinary arts at Schoolcraft college and nutrition at Madonna university. Over the course of two decades Rapis has positioned himself as a leading expert in the areas of healthy living and nutritional cooking. He is the author of five books on health and nutrition.

Rapis often attributes his success to his diligent studies and hunger for knowledge that earned him a Master's of Science in Holistic Nutrition. George's fans and followers often rave about his understanding of ingredients and food products. His vast nutritional knowledge is extremely evident in his authored book series which include The Healthy Pregnancy Cookbook, Ask the Nutritionists, The Gourmets Guide to Foodservice, The Recipemakeover Diet, The Lighter Side of Dark Chocolate, and Go Organic: Eating the Organic Way.

He has been featured on "Fox TV2 Cooking School" and radio stations such as 96.3 WDVD in Detroit. He also had a weekly cooking segment on Brighthouse cable in Livonia and Redford, Michigan called "Eat Right By George"

Registration Options:

Register online at <https://bit.ly/OakFit-GrapeLeaves>

If you are unable to attend after registering you will be sent a link to view the recorded session.

For questions, contact Dawn Hunt at huntd@oakgov.com • (248) 858-5473

