



**PennState**  
PRO Wellness



**PennState**  
LionPulse

**INGREDIENTS:**

**COOK TIME:**

**SERVES:**

**DIRECTIONS:**

 /PROwellnesscenter

 @PSH\_PROwellness

 /PennStatePROWellness

 /PSHPROwellness

 [med.psu.edu/PROwellness](https://med.psu.edu/PROwellness)

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