

Food Therapy



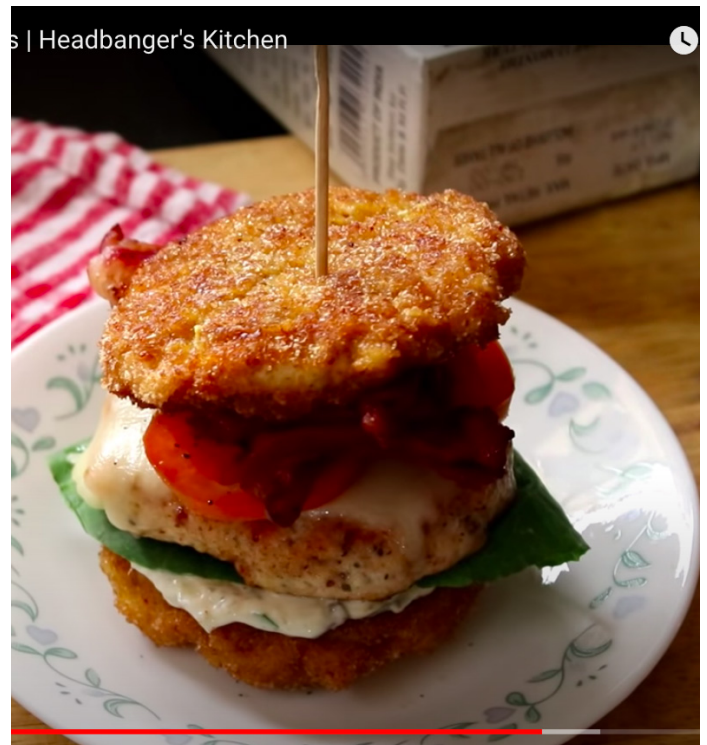
Host, Lynn Ogryzlo

Join Lynn every Saturday morning at 11 am for delicious discussions on health and wellness.

Double Down Chicken Burger from Headbangers' Kitchen

Watch the cooking demonstration on YouTube:
www.youtube.com/watch?v=ppcbTdgky3Q&t=423s&ab_

Get the recipe at:
[https://headbangerskitchen.com/
recipe/the-keto-double-down/](https://headbangerskitchen.com/recipe/the-keto-double-down/)



Recipe + photo taken from Headbangers' Kitchen website
Episode #65: Food Fads

Email Lynn with questions or comments at lynnogryzlo@gmail.com

Because What You Put In Your Body Matters!