

Recipe Name: _____

Recipe Source (link to website
or attach copy of original):

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Prep Time:

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Cook Time:

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Total Time:

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Ingredients (suggested 15 items or less):

Equipment Needed:

Servings Size		
Servings per recipe		
Calories per serving		
Nutrition Information (Enter N/A if data is not available)	Amount (include g or mg)	Daily Value Percentage
Total Fat		
Saturated Fat		
Trans Fat		
Cholesterol		
Sodium		
Total Carbohydrate		
Dietary Fiber		
Total Sugars		
Added Sugars included		
Protein		
Vitamin D		
Calcium		
Iron		
Potassium		

Recipe Directions (please number the steps):

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Notes (Optional):

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A Healthy Bite Information (nutrition facts or fruit/vegetable storage/handling/safety facts):
