

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):

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Equipment Needed:

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|----------------------------------------------------------------------|--------------------------------------------|---------------------------|
| 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):

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