

Recipe Name: _____

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

| |
|--|
| |
|--|

Prep Time:

| |
|--|
| |
|--|

Cook Time:

| |
|--|
| |
|--|

Total Time:

| |
|--|
| |
|--|

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):

| |
|--|
| |
|--|

Notes (Optional):

| |
|--|
| |
|--|

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

| |
|--|
| |
| |
| |
| |