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Recipe Name Name(s)

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Source

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Prep Time Cook Time Servings

Ingredients (use bullet points)/Special Equipment

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Directions (number them)

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Notes

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**Step One:** Find a recipe that you and your partner have agreed on (using the internet, cookbooks, magazines)

It needs to fit within your chosen alternative diet, and contain supplementary proteins

**Step Two:** Type out your recipe into the above template making sure to fill in each box.

* The ingredients need to be in both cups and mL (so I can check your conversions)
* Your recipe should serve 2-4 people. If it serves more you will have to cut it in half.
* If you need any special equipment (other than what is in the units) record it on your recipe sheet as well.

**Step Three:** Print out two copies of your recipe (one for each partner) and hand one in to me.