[Recipe Name]

##### **Yield:** [number of servings]

##### **Prep time:** [hours and minutes]

##### **Total time:** [prep + cook time]

# Ingredients

### **[Ingredient] |** [measurement]

### **[Ingredient] |** [measurement]

### **[Ingredient] |** [measurement]

# Directions

[Explain how to prep and cook this recipe here.]

## Special Diet Information

[Gluten free? Diabetic appropriate? Add any special diet information here.]