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| [Recipe Name]  Yield: [number of servings]  Prep time: [hours and minutes]  Total time: [prep + cook time] Ingredients[Ingredient 1] | [measurement][Ingredient 2] | [measurement][Ingredient 3] | [measurement]Directions [Explain how to prep and cook this recipe here.] Special Diet Information [Gluten free? Diabetic appropriate? Add any special diet information here.] | Shopping List[Ingredient 1][Ingredient 2][Ingredient 3] |