



Recipe Submission Form

Instructions

1. Please submit this form with a photo of the recipe attached via email to [Page](#).
2. List all ingredients in order of use and include exact measurements (cups, teaspoons, etc.) and container sizes (16-oz pkg., 24-oz can, etc.)
3. Type directions as detailed and clear as possible
4. Use names of ingredients in the directions
5. Include temperatures and cooking times
6. Please include any notes about specific ingredients
 - a. Where to find special ingredients
 - b. Allowable substitutions
7. Be sure to include this story or history of the recipe



Contact Information

Full Name: _____

Street Address: _____

Phone Number: _____

Email Address: _____

Recipe

Recipe Title: _____

____ This is a light/healthy recipe (will be indicated by a symbol in the cookbook)

Serves _____

Cook Time _____

Prep Time _____

Total Time _____

Select a Category for your recipe:

____ Beverage

____ International

____ Appetizer

____ Breakfast/Brunch

____ Main Entrees

____ Soups/Salads

____ Vegetables/Side Dishes

____ Desserts

____ Tailgating/Parties

Select all (if any) that apply:

____ Vegetarian

____ Dairy Free

____ Gluten Free

____ Low Carb

Comments/Background information on the recipe: (example: source of recipe, family favorite, good for camping, potlucks, great grandparent's recipe, etc.):



Ingredients:

Ingredient Notes: (anything special or specific about any of the ingredients listed above):

Directions: (please be as specific and clear as possible):