

TITLE~

Serves : SERVES~

Time : MINUTES~

Oven Temp: OVENTEMP~

Origin : ORIGIN~

Instructions :

INSTRUCT~

Ingredients :

QUAN1~ MEAS1~ INGR1~ PREP1~
QUAN2~ MEAS2~ INGR2~ PREP2~
QUAN3~ MEAS3~ INGR3~ PREP3~
QUAN4~ MEAS4~ INGR4~ PREP4~
QUAN5~ MEAS5~ INGR5~ PREP5~
QUAN6~ MEAS6~ INGR6~ PREP6~
QUAN7~ MEAS7~ INGR7~ PREP7~
QUAN8~ MEAS7~ INGR8~ PREP8~
QUAN9~ MEAS8~ INGR9~ PREP9~
QUAN10~ MEAS10~ INGR10~ PREP10~
QUAN11~ MEAS11~ INGR11~ PREP11~
QUAN12~ MEAS12~ INGR12~ PREP12~
QUAN13~ MEAS13~ INGR13~ PREP13~
QUAN14~ MEAS14~ INGR14~ PREP14~
QUAN15~ MEAS15~ INGR15~ PREP15~
QUAN16~ MEAS16~ INGR16~ PREP16~
QUAN17~ MEAS17~ INGR17~ PREP17~
QUAN18~ MEAS18~ INGR18~ PREP18~
QUAN19~ MEAS19~ INGR19~ PREP19~
QUAN20~ MEAS20~ INGR20~ PREP20~
QUAN21~ MEAS21~ INGR21~ PREP21~
QUAN22~ MEAS22~ INGR22~ PREP22~
QUAN23~ MEAS23~ INGR23~ PREP23~
QUAN24~ MEAS24~ INGR24~ PREP24~
QUAN25~ MEAS25~ INGR25~ PREP25~

Notes :

Notes~

Calories CALORIES~	Protein PROTEIN~	Fat FAT~
Saturated SATURATED ~	Poly POLY~	Mono Mono~
Carb CARB~	Fiber FIBER~	Chol CHOL~
Iron IRON~	Sodium SODIUM~	Calcium CALCIUM~

