

“CLEAN, HEALTHY, NUTRITIOUS”

Due March 15, 2018 Please submit online if possible!

Recipe Name: _____

Your Name: _____

School Name: _____ City: _____ State _____

Best Phone: (____) _____ Best Email: _____

Category (Check one)

- | | |
|--|--|
| <input type="checkbox"/> Smoothies or Juices | <input type="checkbox"/> Sandwiches/Wraps |
| <input type="checkbox"/> Appetizers | <input type="checkbox"/> Entrée Beef |
| <input type="checkbox"/> Breakfast | <input type="checkbox"/> Entrée Pork |
| <input type="checkbox"/> Sides | <input type="checkbox"/> Entrée Seafood |
| <input type="checkbox"/> Snacks | <input type="checkbox"/> Entrée Poultry |
| <input type="checkbox"/> Soups | <input type="checkbox"/> Entrée Vegetarian |
| <input type="checkbox"/> Salads | <input type="checkbox"/> Sweets |
| <input type="checkbox"/> Other _____ | |

Type (Check one or more)

- | | |
|--|---|
| <input type="checkbox"/> Dairy Free | <input type="checkbox"/> Low Carbohydrate |
| <input type="checkbox"/> Farm to Table | <input type="checkbox"/> Low Cholesterol |
| <input type="checkbox"/> Gluten Free | <input type="checkbox"/> Non-processed Ingredients |
| <input type="checkbox"/> Healthy Makeovers | <input type="checkbox"/> Paleo |
| <input type="checkbox"/> Heart Healthy | <input type="checkbox"/> Sugar Free (diabetic friendly) |
| <input type="checkbox"/> Less Fat/Good Fat | <input type="checkbox"/> Vegan |
| <input type="checkbox"/> Low Calorie | <input type="checkbox"/> Vegetarian |
| <input type="checkbox"/> Other _____ | |

SERVES (how many) or MAKES (how much): _____

INGREDIENTS: (in order of use)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

DIRECTIONS: (Please make sure you have given specific directions for ALL your ingredients)

PERSONAL COMMENTS ABOUT YOUR RECIPE:

Mail this to:
Debbie Burk
35 Oak Shore Drive
Port Townsend, WA 98368

Or submit online: www.creativecookbook.com.

Thanks for your recipes. We couldn't do it without you!