[Recipe name]

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

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

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

# Ingredients

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

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

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

# Instructions

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

## Special diet information

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