Save your Word document with your last name first:

“Last name – recipe name”

Email to [fcp@quidnunc.net](mailto:fcp@quidnunc.net)

Delete this text box before sending.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Name:** |  | | | |
| **Email:** |  | | | |
| **Address:** |  | | | |
| **Telephone (best #):** |  | | | |
| **Academy #:** |  | | | |
| **I am at least 21 years old** |  | Yes |  | No |

**Replace this text with your recipe name**

**Yield:** # of portions and portion size

**Timing:** Prep Time = Total Time =

\*\* If possible, insert a photo here (compress the photo before adding). A photo is not required.

**Ingredients**

*\*Up to 15 ingredients (salt, pepper, spices, herbs, and water are “free” and not part of the ingredient count)*

List in order of use in common measurements.

**Method of Preparation (Instructions)**