

Cook a Meal From Scratch

Why?

Cooking from scratch ensures you are getting more fresh foods and less of the processed foods and additives we are all trying to cut down on, especially sugar and salt.

How?

Come up with your own recipe for a new meal that you haven't made before. Write up your recipe and share it along with a picture of your final product.

RECIPE

Title:

Prep Time: Cooking Time: Total Time: Serves:

Ingredients:

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Instructions:

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