[Recipe Name]

Yield: [number of servings]

Prep time: [hours and minutes]

Total time: [prep + cook time]

# Ingredients

### [Ingredient 1] | [measurement 1]

### [Ingredient 2] | [measurement 2]

### [Ingredient 3] | [measurement 3]

# Directions

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

# Special Diet Information

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