Recipe Name

##### **Yield:** number of servings

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

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

# Ingredients

### **Ingredient |** measurement

### **Ingredient |** measurement

### **Ingredient |** measurement

# Directions

Explain how to prep and cook this recipe here.

## Special Diet Information

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