



OUR FAMILY

RECIPES

Heal the Body, Feed the Soul

Tammy L.N. Becker



This book contains recipes that have been handed down through generations. Some are old family favorites. Others are new favorites.

Sharing ancestral recipes that have spanned generations is a wonderful way to honor those that have come before you. This book of recipes is there way of ensuring you have good food to eat and love to heal the soul.

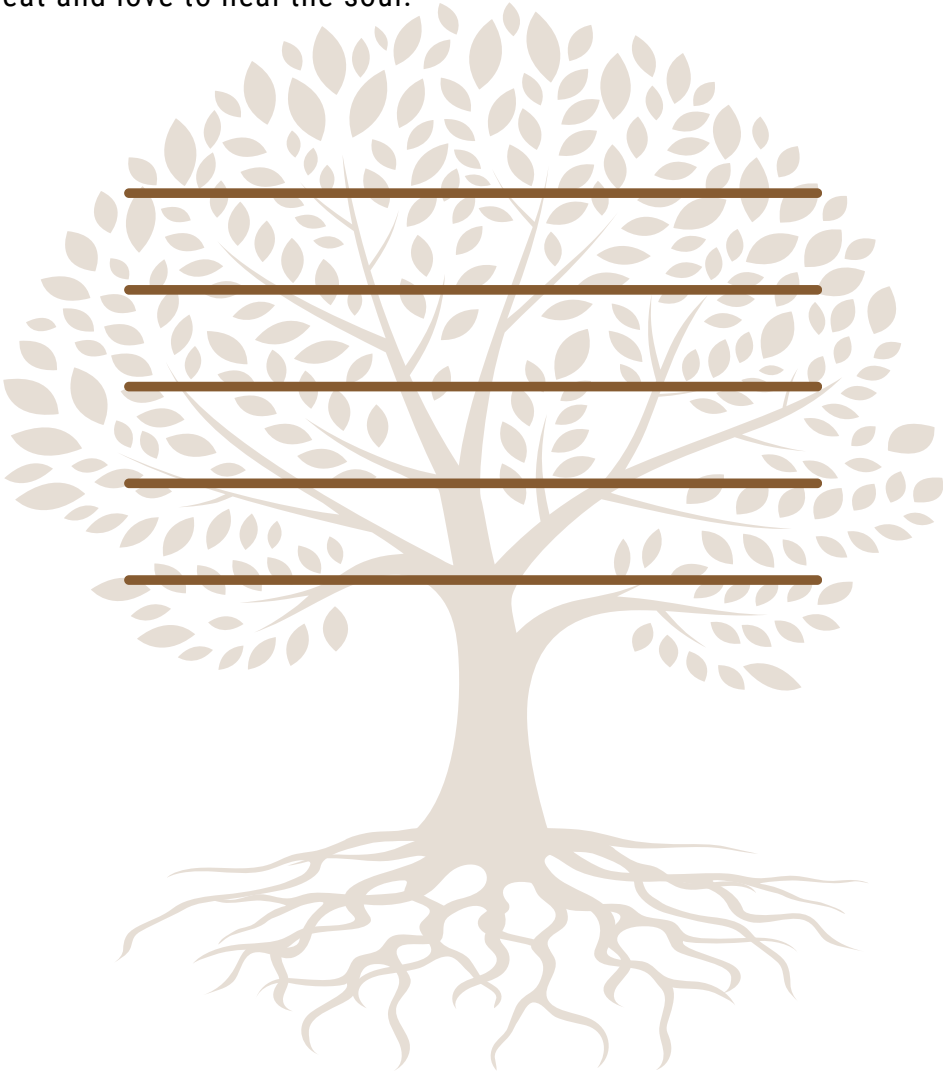


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Recipe for

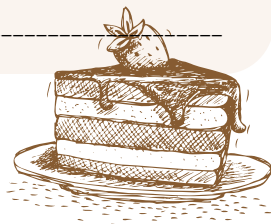
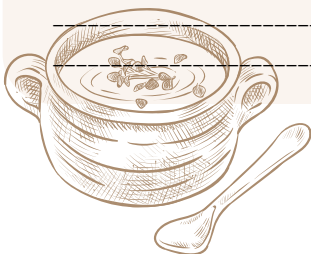
Cook Time: _____ Temp: _____ Servings: _____



Ingredients

_____	_____
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_____	_____

Directions



Recipe for

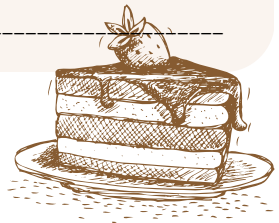
Cook Time: _____ Temp: _____ Servings: _____



Ingredients

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_____	_____

Directions



Recipe for

Cook Time: _____

Temp: _____

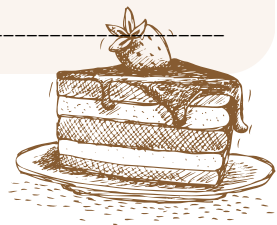
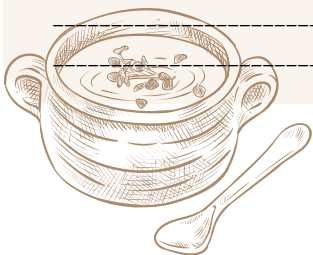
Servings: _____



Ingredients

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Directions



Recipe for

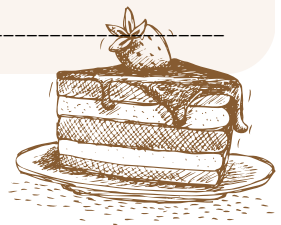
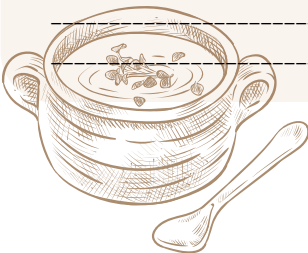


Cook Time: _____ Temp: _____ Servings: _____

Ingredients

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Directions



Recipe for

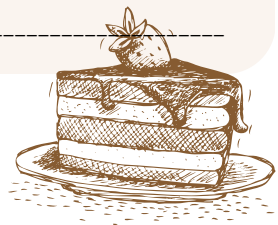
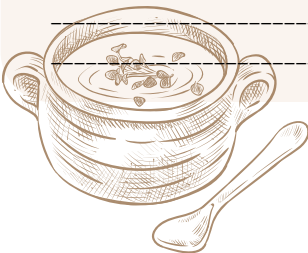
Cook Time: _____ Temp: _____ Servings: _____



Ingredients

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Directions



Recipe for

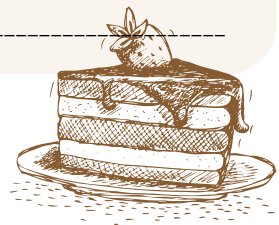
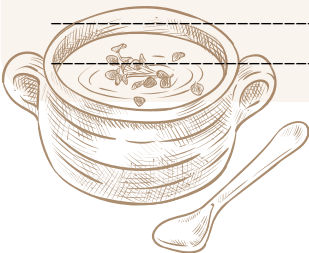
Cook Time: _____ Temp: _____ Servings: _____



Ingredients

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Directions



Recipe for

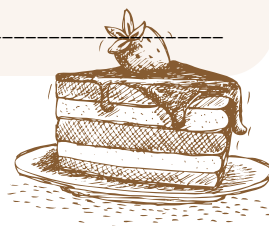
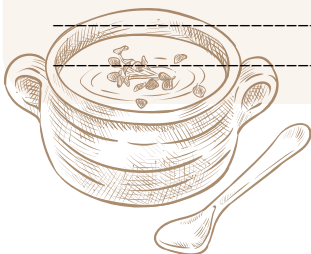
Cook Time: _____ Temp: _____ Servings: _____



Ingredients

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Directions



Recipe for

Cook Time: _____ Temp: _____ Servings: _____

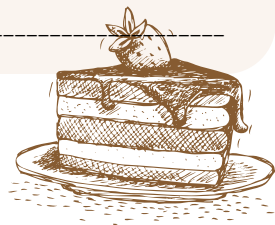
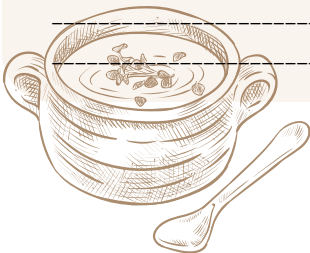


Ingredients

Two columns of horizontal dashed lines for writing ingredients.

Directions

Multiple horizontal dashed lines for writing directions.



Recipe for

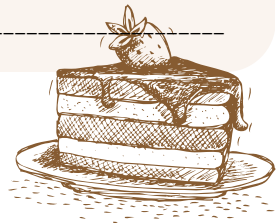
Cook Time: _____ Temp: _____ Servings: _____



Ingredients

_____	_____
_____	_____
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_____	_____
_____	_____

Directions



Recipe for

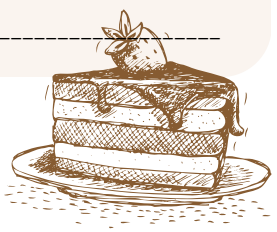
Cook Time: _____ Temp: _____ Servings: _____



Ingredients

_____	_____
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Directions



Recipe for

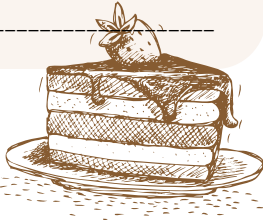
Cook Time: _____ Temp: _____ Servings: _____



Ingredients

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Directions



Recipe for

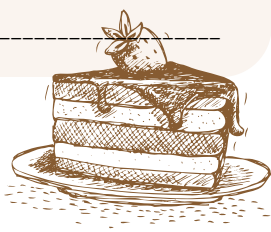
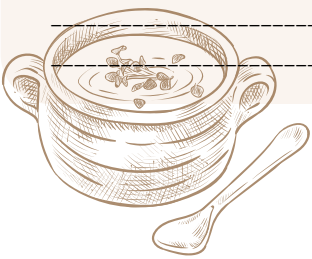
Cook Time: _____ Temp: _____ Servings: _____



Ingredients

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Directions



Recipe for

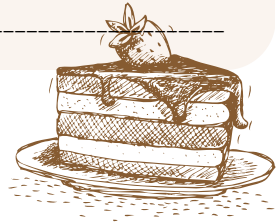
Cook Time: _____ Temp: _____ Servings: _____



Ingredients

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Directions



Recipe for

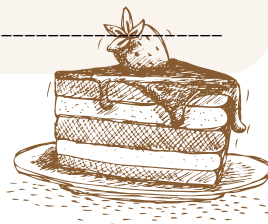
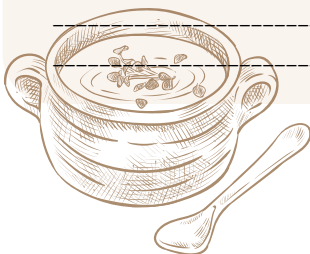
Cook Time: _____ Temp: _____ Servings: _____



Ingredients

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Directions



Recipe for

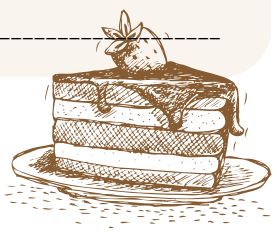
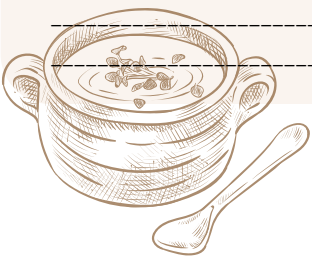
Cook Time: _____ Temp: _____ Servings: _____



Ingredients

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Directions



Recipe for

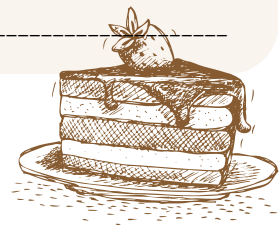
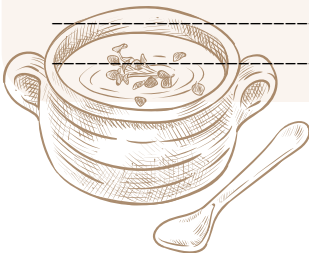
Cook Time: _____ Temp: _____ Servings: _____



Ingredients

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Directions



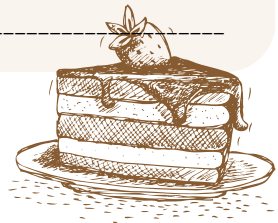
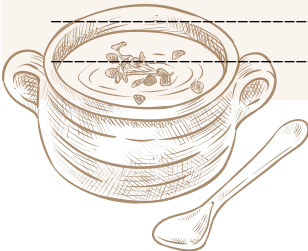
Recipe for

Cook Time: _____ Temp: _____ Servings: _____



Ingredients

Directions



Recipe for

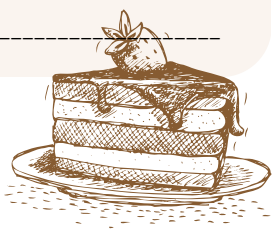
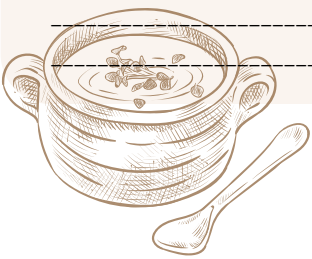


Cook Time: _____ Temp: _____ Servings: _____

Ingredients

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Directions



Recipe for

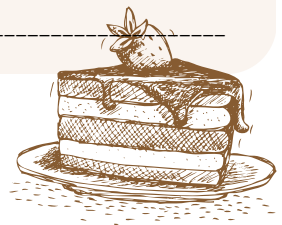
Cook Time: _____ Temp: _____ Servings: _____



Ingredients

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Directions



Recipe for

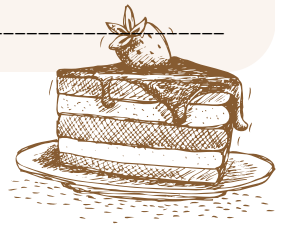
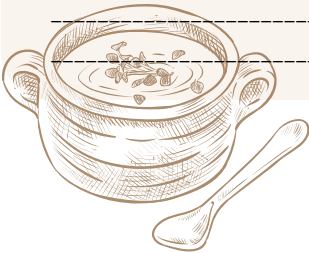
Cook Time: _____ Temp: _____ Servings: _____



Ingredients

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Directions



Recipe for

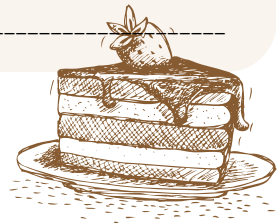
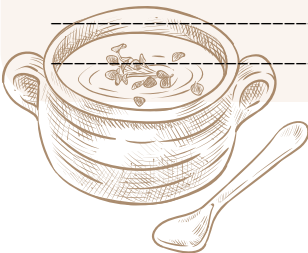
Cook Time: _____ Temp: _____ Servings: _____



Ingredients

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Directions



Recipe for

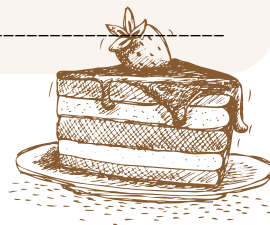
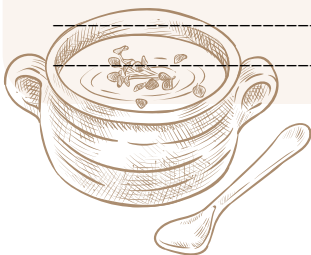
Cook Time: _____ Temp: _____ Servings: _____



Ingredients

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_____	_____

Directions



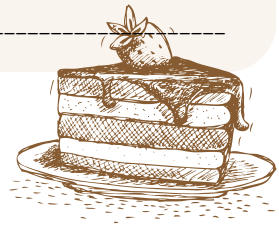
Recipe for

Cook Time: _____ Temp: _____ Servings: _____



Ingredients

Directions



Recipe for

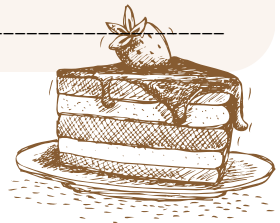
Cook Time: _____ Temp: _____ Servings: _____



Ingredients

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_____	_____

Directions



Recipe for

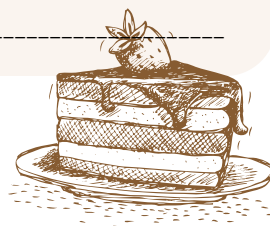
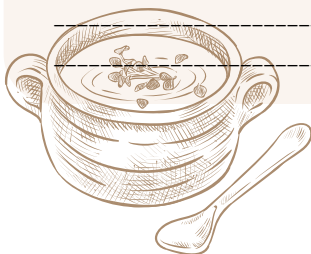
Cook Time: _____ Temp: _____ Servings: _____



Ingredients

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Directions



Recipe for

Cook Time: _____ Temp: _____ Servings: _____

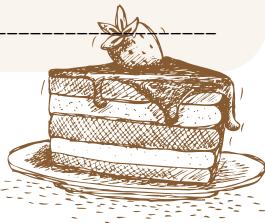


Ingredients

Two columns of horizontal dashed lines for writing ingredients.

Directions

Multiple horizontal dashed lines for writing cooking directions.



Recipe for

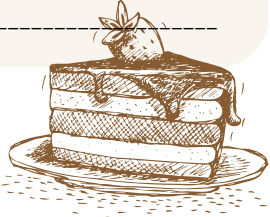
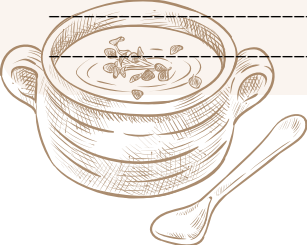


Cook Time: _____ Temp: _____ Servings: _____

Ingredients

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Directions



Recipe for

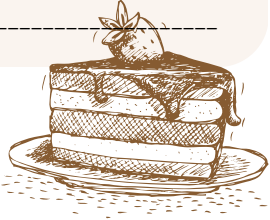
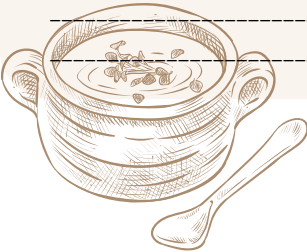


Cook Time: _____ Temp: _____ Servings: _____

Ingredients

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Directions



Recipe for

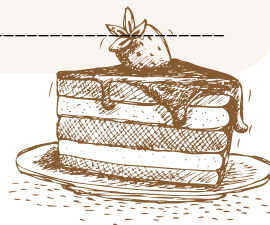
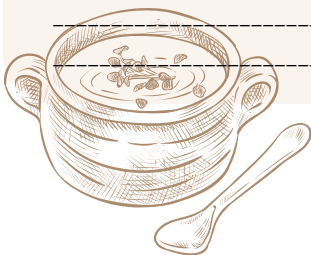
Cook Time: _____ Temp: _____ Servings: _____



Ingredients

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Directions



Recipe for

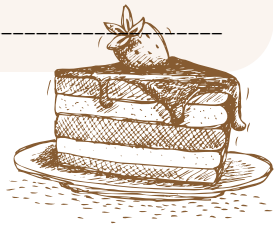
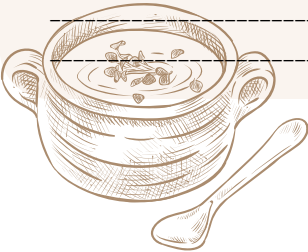
Cook Time: _____ Temp: _____ Servings: _____



Ingredients

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Directions



Recipe for

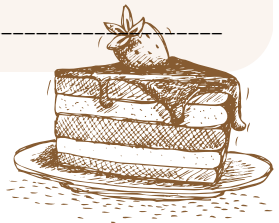


Cook Time: _____ Temp: _____ Servings: _____

Ingredients

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Directions



Recipe for

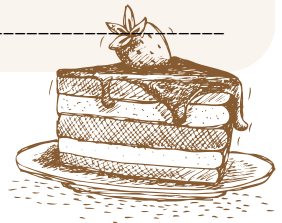
Cook Time: _____ Temp: _____ Servings: _____



Ingredients

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Directions



Recipe for

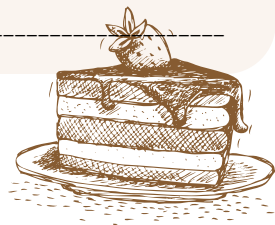
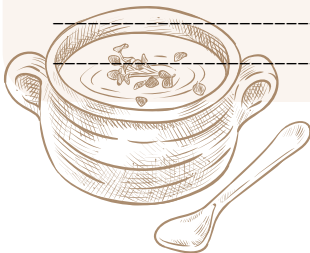
Cook Time: _____ Temp: _____ Servings: _____



Ingredients

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Directions



Recipe for

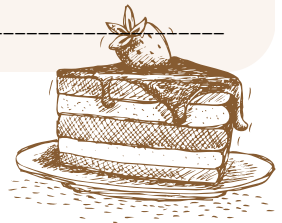
Cook Time: _____ Temp: _____ Servings: _____



Ingredients

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_____	_____

Directions



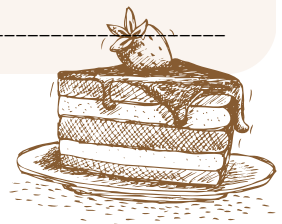
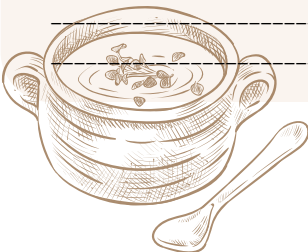
Recipe for

Cook Time: _____ Temp: _____ Servings: _____



Ingredients

Directions



Recipe for _____

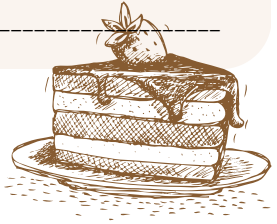
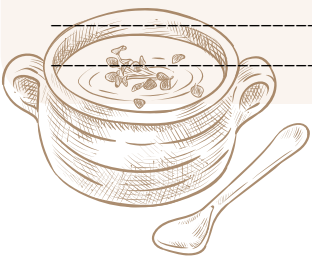


Cook Time: _____ Temp: _____ Servings: _____

Ingredients

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Directions



Recipe for

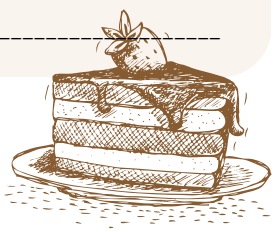
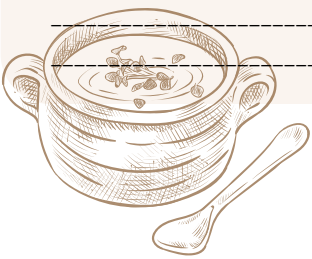
Cook Time: _____ Temp: _____ Servings: _____



Ingredients

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Directions



Recipe for

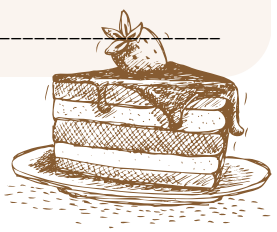
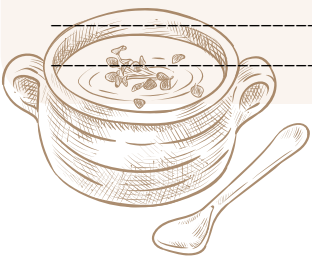


Cook Time: _____ Temp: _____ Servings: _____

Ingredients

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Directions



Recipe for

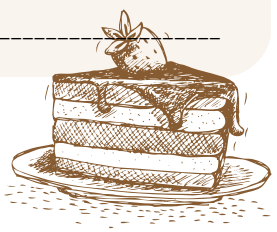
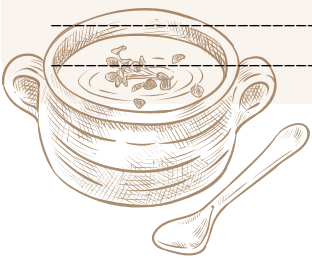
Cook Time: _____ Temp: _____ Servings: _____



Ingredients

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Directions



Recipe for

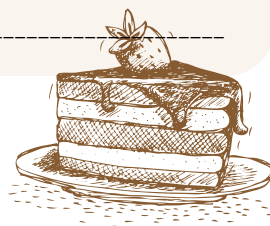
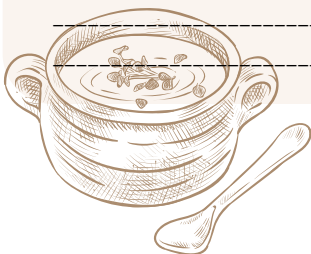
Cook Time: _____ Temp: _____ Servings: _____



Ingredients

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Directions



Recipe for

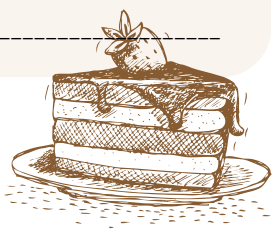
Cook Time: _____ Temp: _____ Servings: _____



Ingredients

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Directions



Recipe for _____



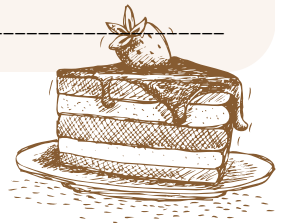
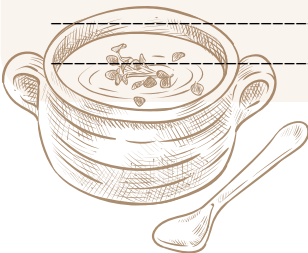
Cook Time: _____ Temp: _____ Servings: _____

Ingredients

A light brown rounded rectangular area containing two columns of horizontal dashed lines for writing ingredients.

Directions

A light brown rounded rectangular area containing ten horizontal dashed lines for writing directions.



Recipe for

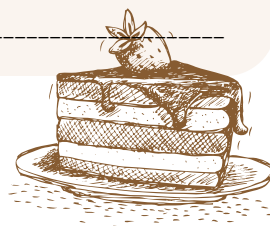
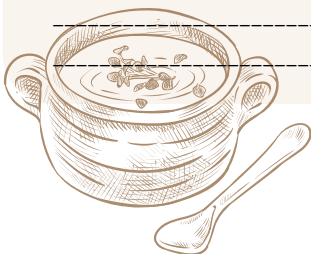
Cook Time: _____ Temp: _____ Servings: _____



Ingredients

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Directions



Recipe for

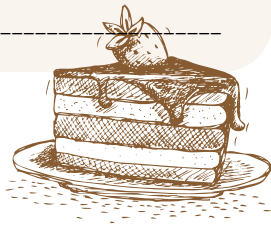
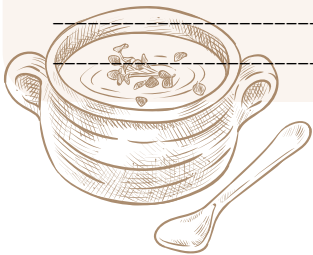
Cook Time: _____ Temp: _____ Servings: _____



Ingredients

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-----	-----
-----	-----
-----	-----
-----	-----
-----	-----
-----	-----

Directions



Recipe for

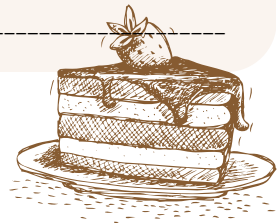
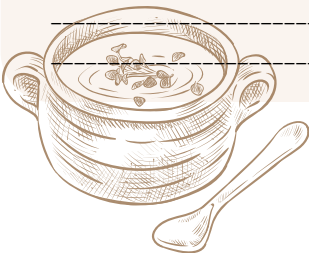
Cook Time: _____ Temp: _____ Servings: _____



Ingredients

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Directions



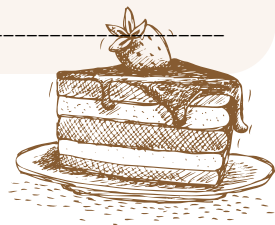
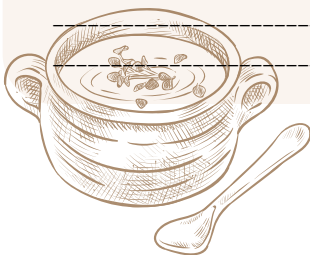
Recipe for

Cook Time: _____ Temp: _____ Servings: _____



Ingredients

Directions



Recipe for



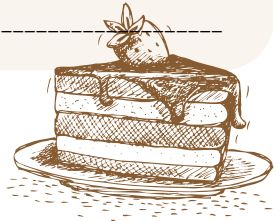
Cook Time: _____ Temp: _____ Servings: _____

Ingredients

Two columns of horizontal dashed lines for writing ingredients.

Directions

Multiple horizontal dashed lines for writing cooking instructions.



Recipe for

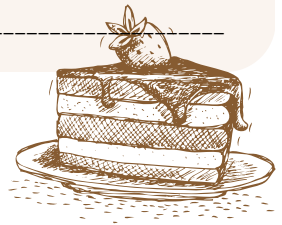
Cook Time: _____ Temp: _____ Servings: _____



Ingredients

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Directions



Recipe for

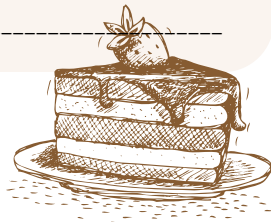
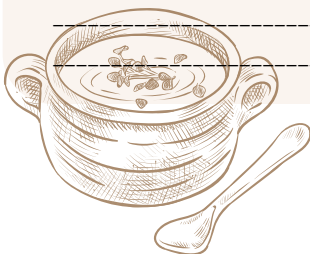
Cook Time: _____ Temp: _____ Servings: _____



Ingredients

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Directions



Recipe for

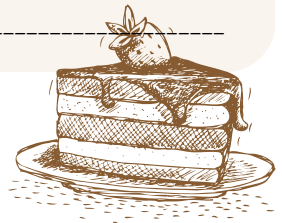
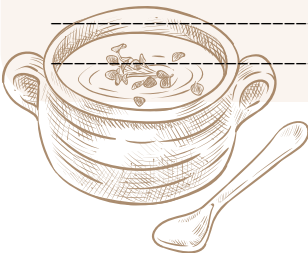
Cook Time: _____ Temp: _____ Servings: _____



Ingredients

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Directions



Recipe for

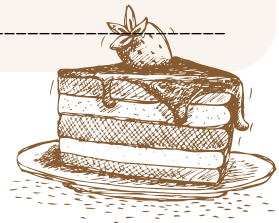
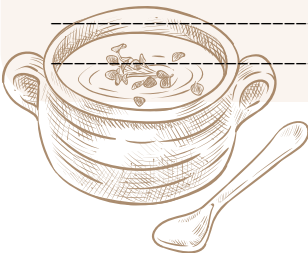
Cook Time: _____ Temp: _____ Servings: _____



Ingredients

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Directions



Recipe for

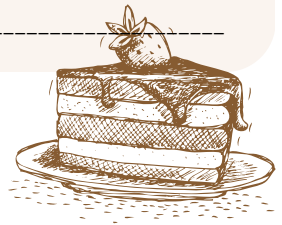
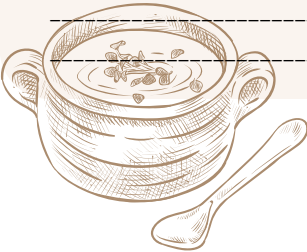
Cook Time: _____ Temp: _____ Servings: _____



Ingredients

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Directions



Recipe for

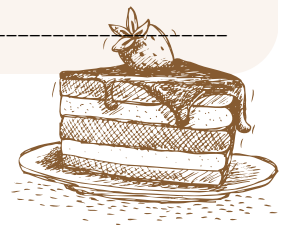
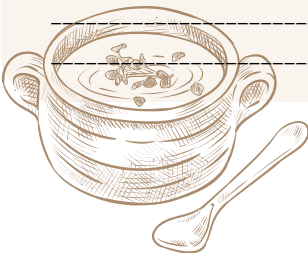
Cook Time: _____ Temp: _____ Servings: _____



Ingredients

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Directions



Recipe for

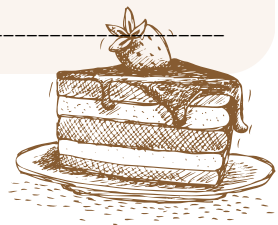
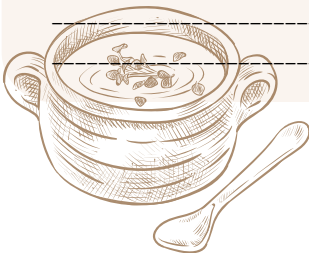
Cook Time: _____ Temp: _____ Servings: _____



Ingredients

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Directions



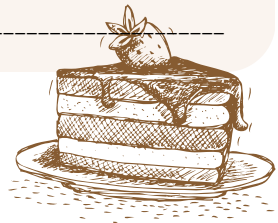
Recipe for

Cook Time: _____ Temp: _____ Servings: _____



Ingredients

Directions



Recipe for

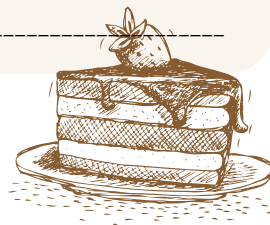
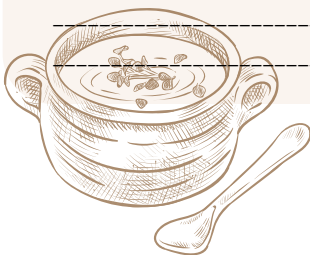
Cook Time: _____ Temp: _____ Servings: _____



Ingredients

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Directions



Recipe for

Cook Time: _____

Temp: _____

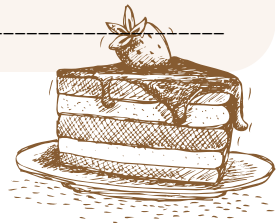
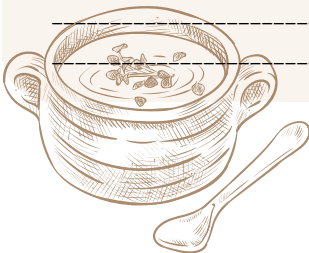
Servings: _____



Ingredients

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Directions



Recipe for

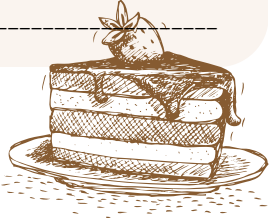
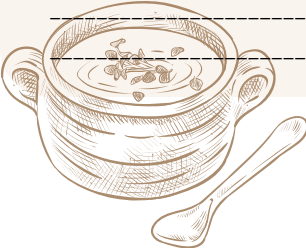


Cook Time: _____ Temp: _____ Servings: _____

Ingredients

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Directions



Recipe for _____

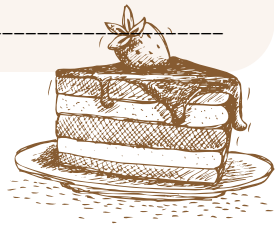
Cook Time: _____ Temp: _____ Servings: _____



Ingredients

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Directions



Recipe for

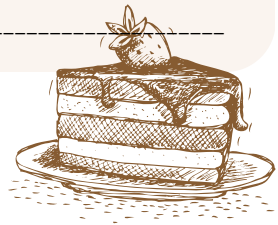
Cook Time: _____ Temp: _____ Servings: _____



Ingredients

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Directions



Recipe for _____

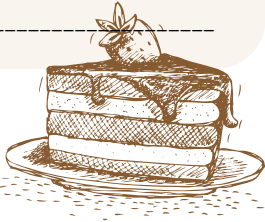
Cook Time: _____ Temp: _____ Servings: _____



Ingredients

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Directions



Recipe for

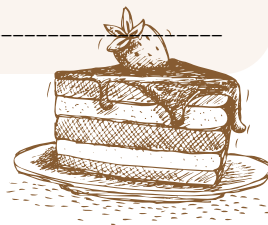
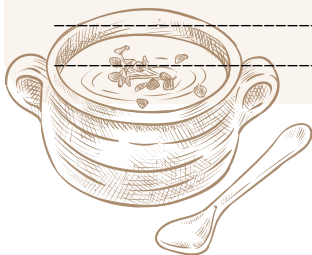
Cook Time: _____ Temp: _____ Servings: _____



Ingredients

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Directions



Recipe for

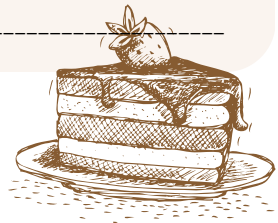
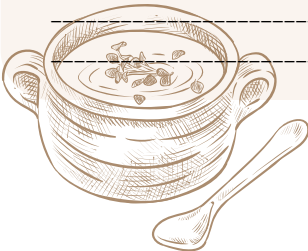
Cook Time: _____ Temp: _____ Servings: _____



Ingredients

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Directions



Recipe for

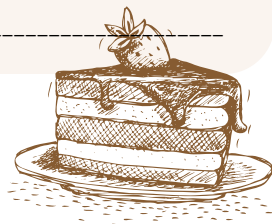
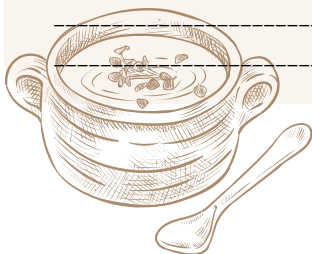
Cook Time: _____ Temp: _____ Servings: _____



Ingredients

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Directions



Recipe for

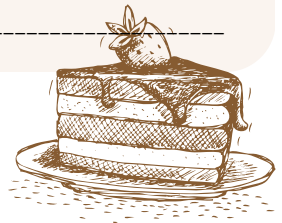
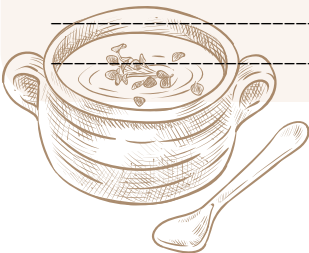
Cook Time: _____ Temp: _____ Servings: _____



Ingredients

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Directions



Recipe for

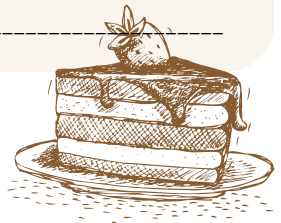
Cook Time: _____ Temp: _____ Servings: _____



Ingredients

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Directions



Recipe for

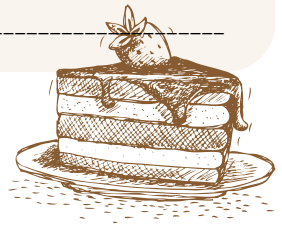
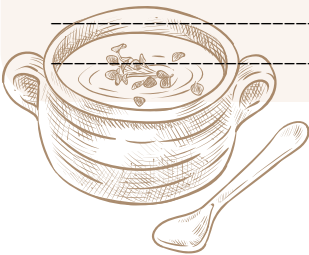
Cook Time: _____ Temp: _____ Servings: _____



Ingredients

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Directions



Recipe for

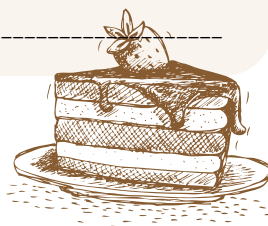
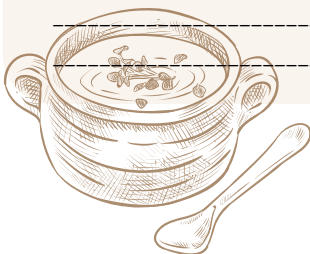


Cook Time: _____ Temp: _____ Servings: _____

Ingredients

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Directions



Recipe for

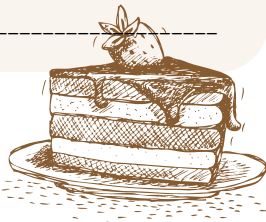
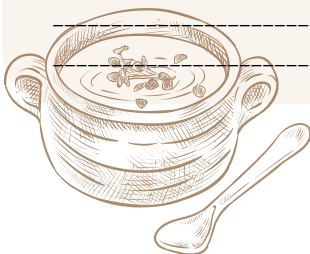
Cook Time: _____ Temp: _____ Servings: _____



Ingredients

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Directions



Recipe for

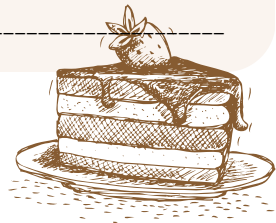
Cook Time: _____ Temp: _____ Servings: _____



Ingredients

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Directions



Recipe for

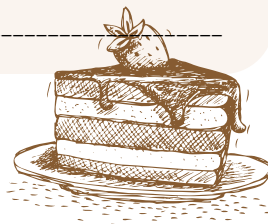
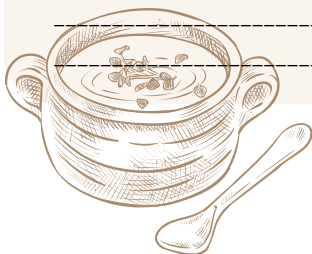
Cook Time: _____ Temp: _____ Servings: _____



Ingredients

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Directions



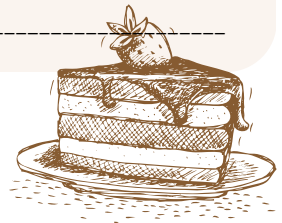
Recipe for

Cook Time: _____ Temp: _____ Servings: _____



Ingredients

Directions



Recipe for

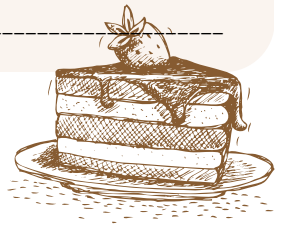


Cook Time: _____ Temp: _____ Servings: _____

Ingredients

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Directions



Recipe for

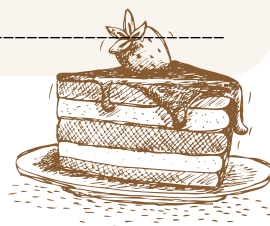
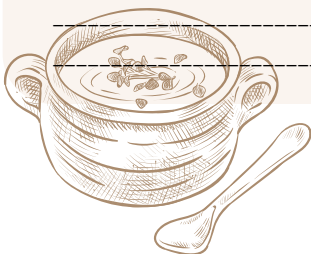
Cook Time: _____ Temp: _____ Servings: _____



Ingredients

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Directions



Recipe for

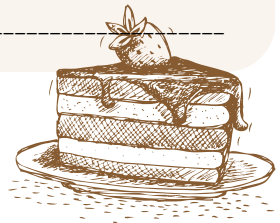
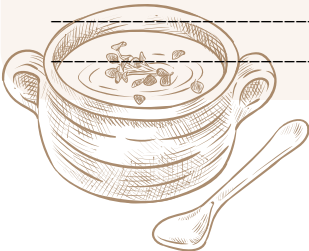
Cook Time: _____ Temp: _____ Servings: _____



Ingredients

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Directions



Recipe for

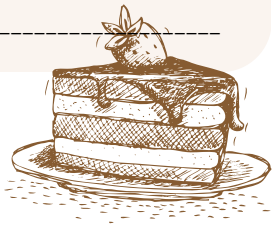


Cook Time: _____ Temp: _____ Servings: _____

Ingredients

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Directions



Recipe for

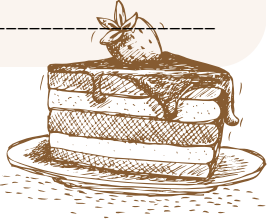


Cook Time: _____ Temp: _____ Servings: _____



Ingredients

Directions



Recipe for

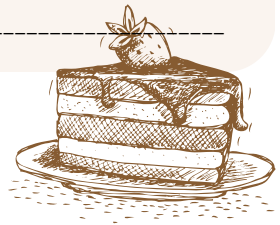
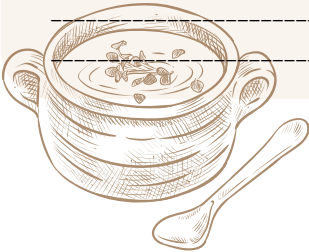
Cook Time: _____ Temp: _____ Servings: _____



Ingredients

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Directions



Recipe for

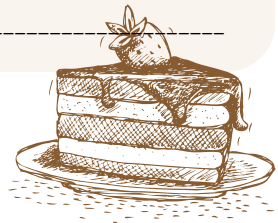
Cook Time: _____ Temp: _____ Servings: _____



Ingredients

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Directions



Recipe for

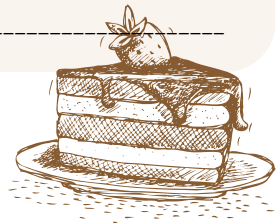
Cook Time: _____ Temp: _____ Servings: _____



Ingredients

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Directions



Recipe for

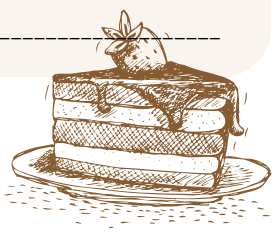
Cook Time: _____ Temp: _____ Servings: _____



Ingredients

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Directions



Recipe for



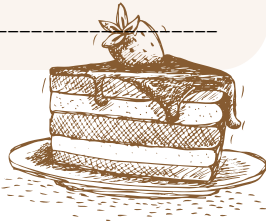
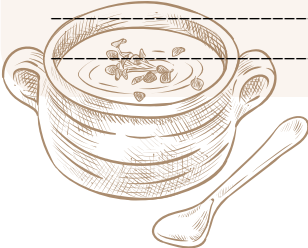
Cook Time: _____ Temp: _____ Servings: _____

Ingredients

Two columns of horizontal dashed lines for writing ingredients.

Directions

Multiple horizontal dashed lines for writing directions.



Recipe for

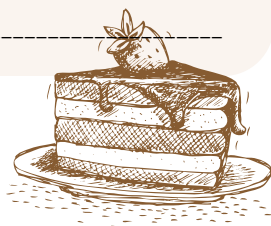
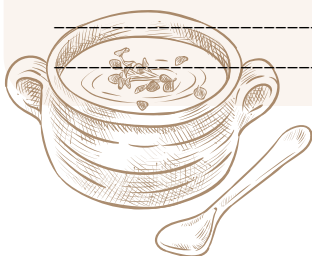
Cook Time: _____ Temp: _____ Servings: _____



Ingredients

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Directions



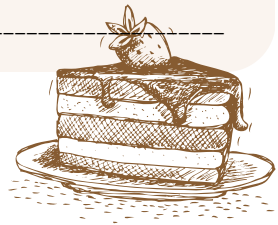
Recipe for



Cook Time: _____ Temp: _____ Servings: _____

Ingredients

Directions



Recipe for

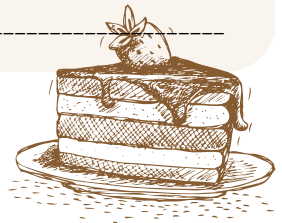
Cook Time: _____ Temp: _____ Servings: _____



Ingredients

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Directions



Recipe for

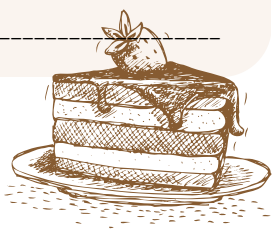


Cook Time: _____ Temp: _____ Servings: _____

Ingredients

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Directions



Recipe for

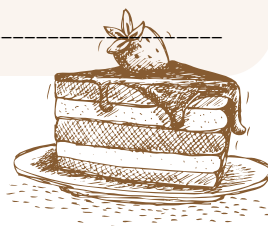
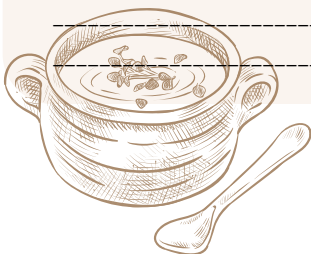
Cook Time: _____ Temp: _____ Servings: _____



Ingredients

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Directions



Recipe for

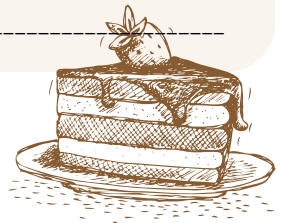
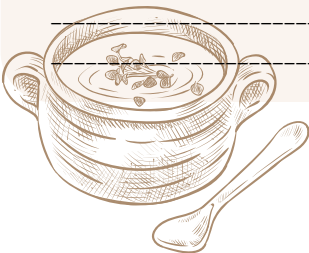
Cook Time: _____ Temp: _____ Servings: _____



Ingredients

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Directions



Recipe for

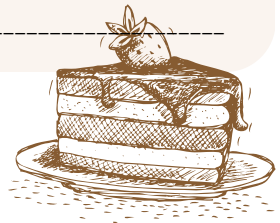
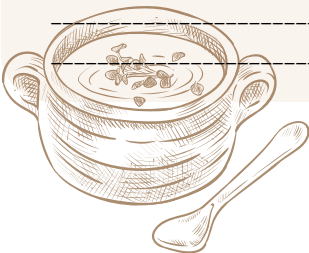
Cook Time: _____ Temp: _____ Servings: _____



Ingredients

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Directions



Recipe for

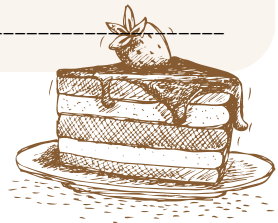
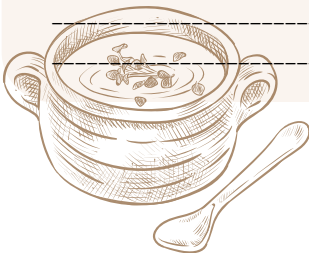
Cook Time: _____ Temp: _____ Servings: _____



Ingredients

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Directions



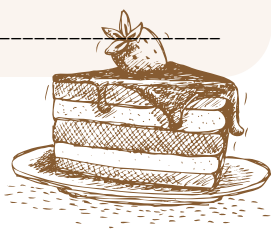
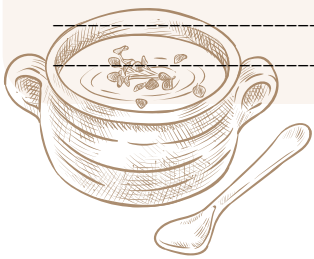
Recipe for

Cook Time: _____ Temp: _____ Servings: _____

Ingredients

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Directions



Recipe for

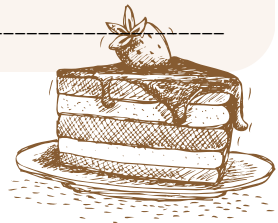
Cook Time: _____ Temp: _____ Servings: _____



Ingredients

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Directions



Recipe for

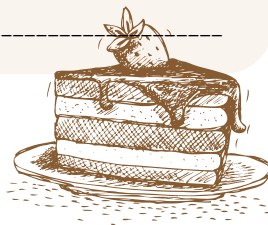
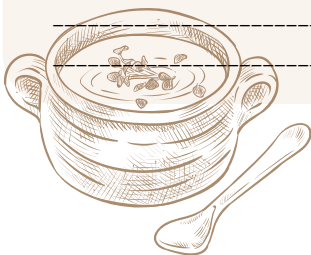
Cook Time: _____ Temp: _____ Servings: _____



Ingredients

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Directions



Recipe for

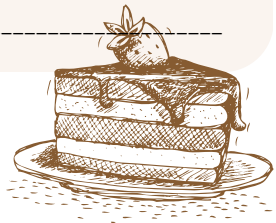
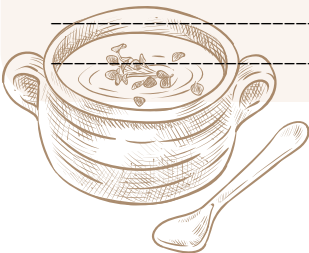
Cook Time: _____ Temp: _____ Servings: _____



Ingredients

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Directions



Recipe for

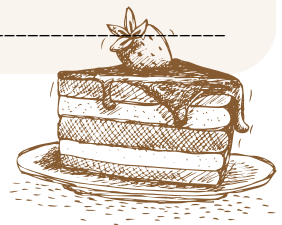
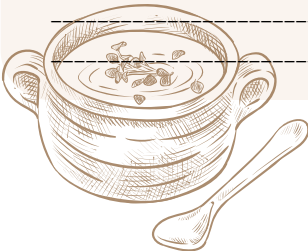
Cook Time: _____ Temp: _____ Servings: _____



Ingredients

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Directions



Recipe for

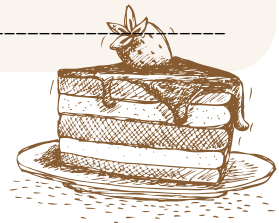


Cook Time: _____ Temp: _____ Servings: _____

Ingredients

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Directions



Recipe for

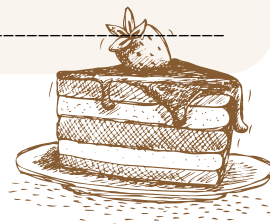
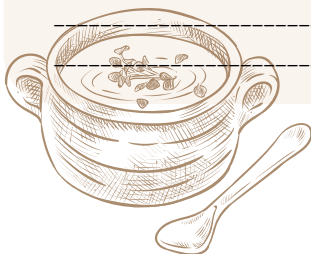
Cook Time: _____ Temp: _____ Servings: _____



Ingredients

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Directions



Recipe for

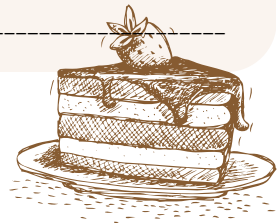
Cook Time: _____ Temp: _____ Servings: _____



Ingredients

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Directions



Recipe for

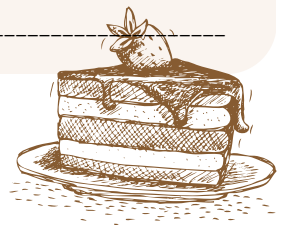
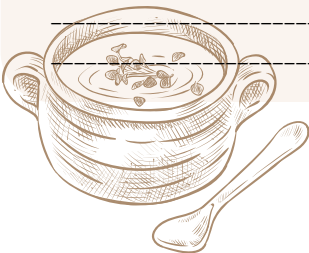
Cook Time: _____ Temp: _____ Servings: _____



Ingredients

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Directions



Recipe for

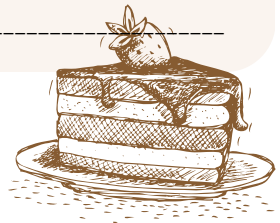
Cook Time: _____ Temp: _____ Servings: _____



Ingredients

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Directions



Recipe for

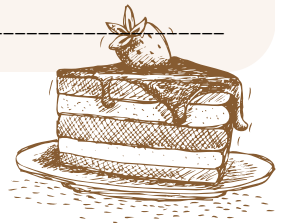
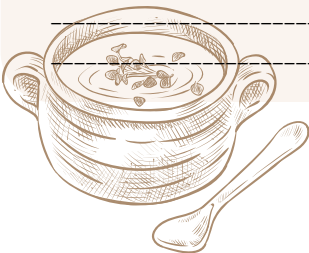


Cook Time: _____ Temp: _____ Servings: _____

Ingredients

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Directions



Recipe for

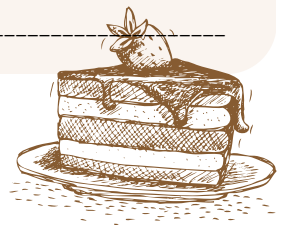
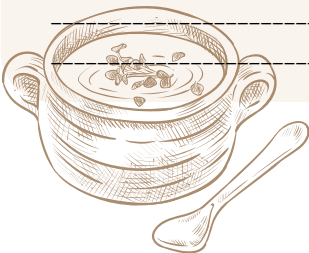
Cook Time: _____ Temp: _____ Servings: _____



Ingredients

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Directions



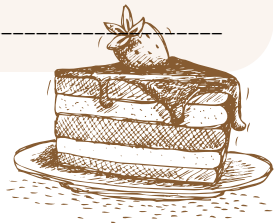
Recipe for

Cook Time: _____ Temp: _____ Servings: _____



Ingredients

Directions



Recipe for

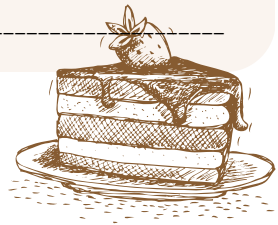
Cook Time: _____ Temp: _____ Servings: _____



Ingredients

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Directions



Recipe for

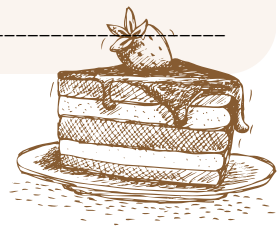
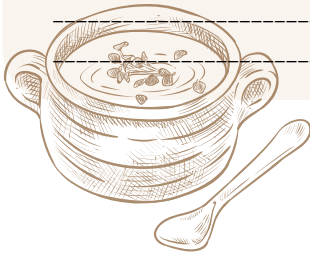
Cook Time: _____ Temp: _____ Servings: _____



Ingredients

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Directions



Recipe for

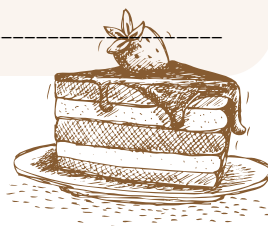
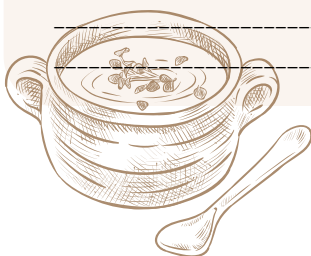
Cook Time: _____ Temp: _____ Servings: _____



Ingredients

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Directions



Recipe for

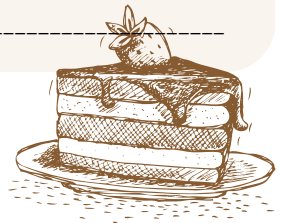
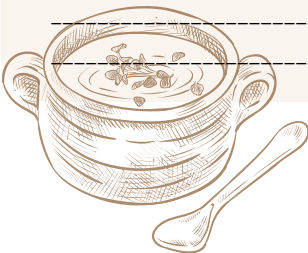
Cook Time: _____ Temp: _____ Servings: _____



Ingredients

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Directions



Recipe for

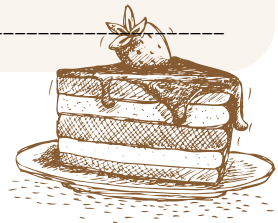
Cook Time: _____ Temp: _____ Servings: _____



Ingredients

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Directions



Recipe for

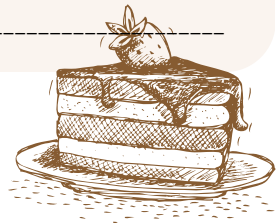
Cook Time: _____ Temp: _____ Servings: _____



Ingredients

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Directions



Recipe for

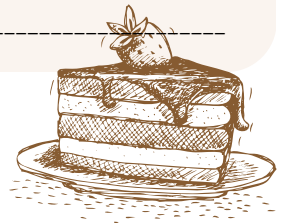
Cook Time: _____ Temp: _____ Servings: _____



Ingredients

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Directions



Recipe for

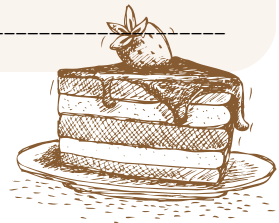
Cook Time: _____ Temp: _____ Servings: _____



Ingredients

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Directions



Recipe for

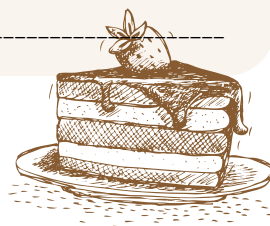
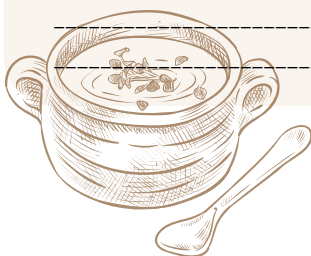
Cook Time: _____ Temp: _____ Servings: _____



Ingredients

_____	_____
_____	_____
_____	_____
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_____	_____
_____	_____
_____	_____
_____	_____

Directions



Recipe for

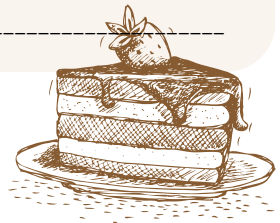
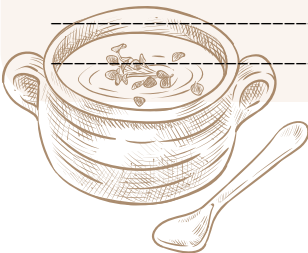
Cook Time: _____ Temp: _____ Servings: _____



Ingredients

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Directions



Recipe for

Cook Time: _____ Temp: _____ Servings: _____



Ingredients

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Directions

