

SUBMIT YOUR RECIPE TO THEHEALTHYCUISINE.COM

NAME

WEBSITE

SOCIAL MEDIA PROFILES

YOUR RECIPE

INTRODUCTION: Small introduction, why do you like & want to share this recipe.

YIELDS: (number of servings)

DIFFICULTY: (Beginner, Medium, Difficult)

PREP TIME:

COOK TIME:

INGREDIENTS: list all ingredients necessary

UTENSILS: list all the kitchen utensils necessary

DIRECTIONS: list all the steps

TIPS (optional): any tips you might want to share about your recipe or the preparation.

YOUR BIO

A short bio & a picture of you.

ACKNOWLEDGMENT

By submitting this recipe to TheHealthyCuisine.com, I, **YOUR NAME HERE**, am representing that I am the author of the submission and/or that I have all rights necessary to provide this recipe and included images. I accept that TheHealthyCuisine.com does not pay royalties for any submissions and agree that my images may be used on different social media platforms to promote the post. TheHealthyCuisine.com reserves the right to edit the recipe and all text both before and after publication.

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