

# 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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