

| Portions: |  | Fridge: |
|-----------|--|---------|
|           |  | Freeze: |

| Ingredients | Quantity | Notes |
|-------------|----------|-------|
|             |          |       |
|             |          |       |
|             |          |       |
|             |          |       |
|             |          |       |
|             |          |       |
|             |          |       |
|             |          |       |
|             |          |       |
|             |          |       |
|             |          |       |
|             |          |       |
|             |          |       |
|             |          |       |
|             |          |       |
|             |          |       |
|             |          |       |
|             |          |       |
|             |          |       |
|             |          |       |
|             |          |       |
|             |          |       |

| Method       |  |
|--------------|--|
|              |  |
|              |  |
|              |  |
|              |  |
|              |  |
|              |  |
|              |  |
|              |  |
|              |  |
|              |  |
|              |  |
|              |  |
|              |  |
|              |  |
|              |  |
|              |  |
|              |  |
| Community to |  |
| Serve with   |  |
|              |  |
|              |  |
|              |  |
|              |  |
|              |  |