



Prep time:
Cooking time:
Yields:

Ingredients

Instructions

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Variations

Tips



Nutrients per serving	Food groups per serving
Calories –	Vegetables and Fruit –
Protein –	Grain Products –
Fat –	Milk and Alternatives –
Carbohydrate –	Meat and Alternatives –
Fibre –	
Sodium –	
Calcium –	

Use the Recipe Analyzer at www.eatracker.ca/.