

For any submission please use the following template or provide the following information:

1. Your name and contact information (email/phone)
2. Recipe name
3. Name of person who developed recipe (if the submission is from a patient we will only use the patient's first name or other low identifier eg Timmy's mom)
4. Milk or egg protein per serving
5. Recipe yield and serving size
6. Has this recipe been tested?
7. Ingredients: Please indicate amounts in volume, weight or both. If only one type of measurement is indicated, we will convert to the other type so the final recipe contains both.
8. Instructions
9. If you have a photo of the final baked good please attach

Example

Biscuits

Yield: 18 biscuits

Serving size: 3 biscuits

(0.44 grams milk protein
per biscuit)

This recipe has been tested in our research kitchen

Ingredients:

Dry Ingredients

2 cups all-purpose flour (or whole wheat flour)

4 teaspoons baking powder

1/4 teaspoon baking soda

3/4 teaspoon salt

Wet Ingredients

4 tablespoons margarine

1 cup buttermilk, chilled

Instructions:

1. Preheat oven to 450 degrees F. This step may take 30-45 minutes. Bake biscuits only in an oven that is completely preheated to 450 degrees F.
2. In a large mixing bowl, combine flour, baking powder, baking soda and salt.
3. Using your fingertips, rub margarine into dry ingredients until mixture looks like crumbs. (The faster the better, you don't want the fats to melt.) Make a well in the center and pour in the chilled buttermilk. Stir just until the dough comes together. The dough will be very sticky.
4. Turn dough onto floured surface, dust top with flour and gently fold dough over on itself 5 or 6 times. Press into a 1-inch thick round. Cut out biscuits with a 2-inch cutter (or overturned glass), being sure to push straight down through the dough.
5. Place biscuits on baking sheet so that they just touch. Reform the scrap dough, working it as little as possible and continue cutting. (Biscuits from the second pass will not be quite as light as those from the first, but hey, that's life.)
6. Bake until biscuits are tall and light gold on top, 15 to 20 minutes.

*** If you make more or less than 18 biscuits, please note that this will change the serving size. In this case, consult your dietitian or physician to adjust serving size accordingly.**



Template

Name and contact information (email/phone):

Recipe Name _____

Developed by _____

Yield _____

Serving size _____

Milk or Egg protein per serving _____

Has this recipe been tested? _____

Ingredients:

Instructions:

1. Preheat oven to ____ degrees F (____ C). This step may take 30-45 minutes. Bake _____ only in an oven that is **completely preheated** to ____ degrees F (____ C).