

Health-Full Eating & Nutrition



Success In Recipe Writing

Bring Life to Your Meals

The life of your meals starts with recipe writing. The benefit of writing your own recipes can provide your own flare on cooking, meal planning, and healthy eating. It allows you to have the ability to control and know what exactly is going into your meals.

Recipe Basics

We've all followed a recipe at least once in our life. If we think back to the recipe, was it easy to follow? Here are basics of what you should include when you write your own recipe.

- **Who is your audience?**

Is this recipe for a beginner such as a children's cooking class or a professional; a 5-minute recipe or an hour recipe?

- **What is your recipe like?**

Invite your audience to want to create your masterpiece. Add a description that includes a background and cooking tips. Using descriptive words and a fun title will also allow your audience to visualize what they are about to create.

References:

<https://fdc.nal.usda.gov/>

<https://sharonpalmer.com/rules-for-good-recipe-writing/>

- **Preparation & Cooking Time**

This may be a small, but very useful piece of information. This allows your audience to know how long they will need to prepare and cook or bake your masterpiece.

- **Servings and Serving Size**

How much does your recipe yield and how many people does it serve?

- **List of ingredients**

The most important, listing your ingredients and amounts by chronological order. Don't forget to spell out measurements and include specific cookware and sizes.

- **List of instructions**

List out descriptive instructions step by step.

- **Nutritional Information**

Using the USDA Data base (see reference list) will allow you to determine the specific nutritional information for your dish.

- **Don't forget the picture!**

