Please include the following information for each recipe:

Name: _____
City and State: _____
Phone: _____E-mail: _____

Name of Recipe: _____
How many servings: _____
Ingredients: _____ _____
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_____ _____
_____ _____
_____ _____

Directions:
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Special comments: _____
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Please mail to: Jean Spagnuolo, 4857 Wyatt Road, Traverse City, MI 49684

Or

E-mail to: spagsupnorth@charter.net