# U of T Temerty Faculty of Medicine crowdsourced cookbook recipe template

Please use the template below to share with us your recipe. If you feel comfortable, we ask that you submit a picture of yourself and a picture of the final product of your recipe. You may also submit pictures of your recipe process if you'd like. The recipe and photos can be emailed to facmedcookbook@gmail.com (do not use this email for inquiries, it will not be regularly monitored). If you have any questions, please email Matsya at <mailto:matsya.thulasiram@mail.utoronto.ca.>

## Information about you

1. Name:
2. Email:
3. Department/Program and Year:
4. A short biography that we can include with your recipe: (approximately 4-5 sentences):

Let us know who you are! Here are some ideas to get you started. What do you do in the Faculty? What are your hobbies? An interesting fact? The classic ice-breaker stuff!

## Recipe

1. Please select the category that best describes your recipe (Snacks, salads and appetizers; Main dishes; Desserts):
2. Recipe Title:
3. Short introduction of the recipe (approximately 2-3 sentences):   
   Please let us know about this recipe and/or what it means to you. Is this a recipe passed on in your family? Perhaps you were inspired by your favorite youtuber? Is this your go-to post workout snack?
4. Difficulty (1-10):
5. Serving size:
6. How long does the recipe take?
7. Ingredients:
   1. Ingredient 1
   2. Ingredient 2
   3. Ingredient X
8. Steps:
   1. Step 1
   2. Step 2
   3. Step X

Please submit photos of your final product, yourself for your bio and if you'd like the process of creating your recipe to <mailto:facmedcookbook@gmail.com>.