

# Cookery book competition entry form



Please choose a recipe category from the choices below. The recipe needs to be for 4 people and must be healthy. Consider replacing ingredients such as butter, salt and sugar for healthier alternatives.

You may submit more than one entry however please use a separate form for each entry.

Name \_\_\_\_\_

School \_\_\_\_\_

Year Group \_\_\_\_\_

Entry category Breakfast/Lunch/Dinner/Dessert (please highlight)

Recipe Name

Ingredients

Method

Please submit your entry via email to [zest@wellswaymat.com](mailto:zest@wellswaymat.com) with cookbook in the subject

Please attach a good quality Jpeg photo of you holding or cooking you dish

Singed by parent/guardian for use of photo and child's name in the cook book

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Name (in capitals)

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