



Standard recipe template

Recipe name:		
Yield:	Portion size:	Serves:
Completed by:		Date:

For more tools and resources, visit foodallergycanada.ca/thinkfoodallergy

Ingredients	Brand	Amounts		Priority food allergens in the ingredients	Priority food allergens in the "May contain" statements
		Quantity	Units		

Steps/Process
Step 1:
Step 2:
Step 3:
Step 4:
Step 5:
Step 6:
Step 7:
Step 8:

Summary of priority food allergens in this recipe

If applicable, tick the "Contains" box if the ingredient is present as an ingredient. Tick the "May contain" box if the ingredient has a May contain.

Crustaceans	Contains	May contain	Milk	Contains	May contain	Soy	Contains	May contain	Tree nuts		Macadamia nuts	Contains	May contain	
Molluscs	Contains	May contain	Mustard	Contains	May contain	Wheat	Contains	May contain	Almonds	Contains	May contain	Pecans	Contains	May contain
Egg	Contains	May contain	Peanut	Contains	May contain	Triticale	Contains	May contain	Brazil nuts	Contains	May contain	Pine nuts	Contains	May contain
Fish	Contains	May contain	Sesame	Contains	May contain				Cashews	Contains	May contain	Pistachios	Contains	May contain
									Hazelnuts	Contains	May contain	Walnuts	Contains	May contain

*This template must be reviewed and updated regularly, including for any recipe changes, ingredient substitutions, or any other time there are changes to the recipe or supplier statements.