



#RetoMoringa2020

Name and last name:		Contact telephone:	
Country:		Email:	
Name of recipe:		How many people is your recipe for?	
What level of difficulty do you assign your recipe? (Low -Medium- High)		Total preparation time:	
Ingredients		Quantity Gram (g) / Units	Nutritional Value * High (H) Medium (M) Low (L)
... More ingredients ... You may make the table as long as you need....			
<ul style="list-style-type: none"> Rate the nutritional value as High, Medium or Low for each of the ingredients. <p style="text-align: center;">Remember ... attach a PHOTO or/and a VIDEO or/and a picture of the recipe</p>			
Describe the process step by step clearly and concisely. If you need more space continue on another page in the same format:			
<p>Additional Information you think relevant: (Gluten- free, Diabetic- friendly, Vegetarian, Vegan, Sugar-free...organic ingredients...)</p>			
Any comments? ... Enjoy the preparation!			