



Due to the popularity of our first cookbook, The ECHO Cancer Foundation is preparing a follow-up, **“A COLLECTION OF COOKING MEMORIES: VOL. 2”** featuring favorite recipes from members of our community. Our all-new cookbook will be compact, securely bound and is sure to be treasured for years.

Each cookbook will contain helpful cooking hints, recipe category dividers, a table of contents, an index, and special pages of interest.

All proceeds from this cookbook sales will benefit The ECHO Cancer Foundation. Your help in contributing recipes will ensure that our cookbook will be a success!

We encourage you to submit 3 or 4 of your favorite recipes so you can be represented in our memorable collection. Follow the instructions on this form. Your name will be printed with each of your recipes.

We ask that you **submit your recipes** digitally (by email or using this fillable PDF form) by October 20, 2014 so that we will have our cookbooks in time for the holidays. If you are unable to send them by email, please contact Laura via the information on the bottom on this form. Additional forms are available for download on our website at [echocancerfoundation.com](http://echocancerfoundation.com).

- One recipe per form.
- List all ingredients in order of use in ingredients list and directions.
- Include container sizes, e.g., 16-oz. pkg., 24-oz. can.
- Use names of ingredients in the directions, e.g., “Combine flour and sugar.” DO NOT use statements like, “Combine first 3 ingredients.”
- Include temperatures and cooking, chilling, baking, and/or freezing times.
- INGREDIENTS: Use abbreviations: pt. qt. pkg. env. c. tsp. T. oz. lb. gal. doz. sm. med. lg.

**Yes, I want to reserve \_\_\_ copy (s) now!**

We anticipate a great demand for our cookbook, and we want to be certain we order enough. Each \$15 per copy. Give us your email and we'll let you know when they've arrived.

RECIPE CATEGORY:    Appetizers & Beverages                      Soups & Salads                      Vegetables & Side Dishes  
    Main Dishes    Breads & Rolls                      Desserts  
    Cookies & Candy    This & That

Submitted By \_\_\_\_\_ Recipe Title \_\_\_\_\_

INGREDIENTS:

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

DIRECTIONS:

**Thank You, Laura Stevenson-Flom, Executive Director**

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