

My favourite recipes

Use the space below to work out how much carbohydrate is in some of your favourite recipes. You can add the values to your **Carbohydrate Tables** as a quick reminder

Title: _____

Ingredient	carbohydrate/100g	Weight	Calculation	carbohydrate/ ingredient
Whole recipe				
Total carbohydrate/serving				

Title: _____

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Total carbohydrate/serving				

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