



NATURAL HEALTH INDEPENDENCE
FREEDOM FESTIVAL
2021

Cook Off Challenge

Name: _____

Phone: _____

Email: _____

Do you like to cook? Do you have a healthy, tasty recipe? Or are you good at creating a tasty item using healthy options? Or maybe you make the best tasting cookie EVER? If so, this challenge is for you! Show off your abilities by entering one of the Cook Off Challenges listed below! You may enter all three cook-off challenges, but only one dish per challenge. A copy of the recipe must be submitted with this form by **June 30, 2021**. You may fax, mail, or email this form to the Naturopathic Community Center (information listed below), Attn: Cook Off Challenge.

Please use space provided on the back of this form for each recipe. Clearly title the recipe and make sure you have selected the **correct challenge category**. If entering more than two challenges or if you need additional recipe space, please use an additional sheet of paper or copy the backside of this form and submit with this completed registration.

First place winning recipe in each category will receive an Award Certificate, NHIFF Cook Off Trophy, and will be featured in our NITE Light Newsletter!

Please select your cook off challenge(s):

- ☐ #1 HEALTHY APPETIZER
- ☐ #2 HEALTHY DESSERT (TELL US WHY AND HOW IT'S HEALTHY)
- ☐ #3 BEST COOKIE (*THIS DOES NOT HAVE TO BE A "HEALTHY" RECIPE*)

Please Note: Cooks must provide all of their own utensils, coolers, cutting boards, meat thermometers, plastic gloves (if needed), crockpot, etc., and any other items needed to prepare food safely. Health code standards must be met for all food preparation.

Rules: All ingredients must be non-GMO
Recipe must be available for verification of challenge criteria
Three judges will evaluate based on taste, creativity and presentation

Two ounce sample cups and sampling spoons will be provided for each dish. Approximately 20—two ounce servings should be available for sampling to judges, guests, and organizers.

Winners will be announced at the end of lunch on Sunday.

Naturopathic Community Center
503 E. Broadway St. ▪ Mt. Pleasant, MI 48858
Phone: 989-317-4787 ▪ Fax: 989-775-7319
contact@naturopathiccommunitycenter.org

Recipe Submission

You must enter a challenge name of:

#1 Healthy Appetizer

#2 Healthy Dessert

#3 Best Cookie

(For category #1 and #2, you must be able to convince the judges as to “why” your dessert is healthy—explaining ingrediaents, benefits, etc.)

CHALLENGE: _____ **RECIPE NAME:** _____

Ingredients:

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| _____ | _____ |
| _____ | _____ |
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| _____ | _____ |

Instructions:

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CHALLENGE: _____ **RECIPE NAME:** _____

Ingredients:

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Instructions:

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