

## Eating For Wellbeing with DAST

DAST are collecting recipes for a healthy eating cookery book. To submit your recipe, please complete the form below. Remember that this must be a personal or family recipe - **do not copy from a cookery book or DAST may fall foul of copyright laws.**

Name:.....

Telephone/email:.....

Recipe category (please circle):

**Breakfast**

**Snack**

**Light Meal**

**Dessert**

Tell us something about this recipe—such as why you like it and where the idea came from.

If you can send us a good quality high resolution digital photograph of your dish, please email it to:

**sarah.walters@asbestosupport.co.uk**

You can either complete this form online and email it to the same address, or complete by hand and post to:

DAST, 34 Glumangate, Chesterfield, Derbyshire, S40 1TX

**\*\*There will be a small prize for the favourite recipe chosen\*\***

## Ingredients List

*Measures can be given in metric or imperial but please don't combine the two.*

## Method

*Please include cooking time and temperature.*