

# Recipe conversion page

Use this page to record your old favourites and write down the new alternatives which are safe for you



A blue-lined notepad with a dark blue diagonal sticker in the top-left corner. The top edge features a row of seven square punch holes. The page is otherwise blank.

**Original  
recipe**



**Alternative  
recipe**



A blue-lined notepad with a dark blue diagonal sticker in the top-right corner. The top edge features a row of seven square punch holes. The page is otherwise blank.

