## Step 1 - Add New Ingredients

Before you can add a new recipe you must enter any new ingredients that have not been used in previous recipes.

- 1. Click Ingredients on Left Hand Side
- 2. Click Add New Ingredient at Top of Page
- **3.** Type in Ingredient Name
- 4. Select Ingredient Categories
- **5.** Click on the Blue Update Button





Step 2 - Add New Recipe When you add images to the featured or	🛞 🖀 Eat REAL America	a 😋 4 🛡 0 🕂 New SEO Security			Howdy, Krista Sanderson 📃
gallery, you have several options.	Dashboard	Recipes Add New Recipe	-		Screen Options 🔻
1. Click Recipes on Left Hand Side	📌 Posts	All (756)   Published (751)   Drafts (5)			Search Recipe
2. Click Add New Recipe at Top of Page	🛗 Events	Bulk Actions 💠 Apply All date	s 💠 Filter		T56 items « < 1 of 38 > »
3. Fill Out Following Information	🔁 Homepage Slider	Recipe Name	Thumbnail	Categories	Tags
<b>Title</b> - Used for internal searches <b>Description of Recipe</b> - Shown on the website	★ Ingredients	Jam the Lamb" (Grilled Lamb Sirloin with Minted Rhubarb Marmalade)		Entrees	garlic
	🗣 Media			Lamb	lemon
A Chaoly the Lies New Desires Mathed to	😁 Recipes				mint
break the ingredients into steps	Recipes				paprika
5. Click on the Recipes Tab - Fill out:	Add New Recipe Tags				rhubarb marmalade rosemary
Ready In	Recipe Categories				spring summer
Serves	Change Order	"Jam the Lamb" (New Recipe	15	Entrees	garlic
Directions	🗭 Quick Tips	Test) - Draft		Lamb	lamb sirloin steaks lemon
Section Title	<b>66</b> Testimonials		and and a		lemon juice mint
Click Add Row or Add Step as needed	Videos				oregano
Recipe Quick Tips Nutritional Information	Screenshots				rhubarb marmalade
Ready In	Forms				spring
15 minutes (plus chilling time)	Coupons	Access Several Apple Salad		Cluton Free	summer
Serves	iiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiii	Acorn Squash and Apple Salad		Salads	apples
Pacine Attribution	Weekly Meal Ideas			Sides Vegetarian	fall goat cheese
Appears as: (Recipe adapted from [name here].)					pecans pepitas
Steps	<pre></pre>				romaine spinach winter

<ul> <li>Focks</li> <li>Events</li> <li>Homepage Slider</li> <li>Ingredients</li> <li>Media</li> <li>Recipes</li> <li>Add New Recipe</li> <li>Tags</li> <li>Recipe Categories</li> <li>Change Order</li> <li>Quick Tips</li> </ul>	Almond Butter Bites Permalink: http://eatrealamerica.com/recipes/          Paragraph       Image: Add Form         B $I$ ABE       Image: Add Form         Paragraph       Image:	'almond-butter-bites/ Edit Vie Ξ & ‰ Ξ  ♣ Ω 葉 葉 か ♂ Ø	w Recipe Get Shortlink		s2Member™ Publish	7
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💬 Quick Tips		s work great as a grab-and-ş esnuts, dark chocolate chij	go breakfast, quick snack or ps, raisinsget creative!	even dessert! Feel	Published on: May 7,         Edit         Enable SSL:         Copy to a new draft         Move to Trash	, 2015 @ 14:55 Update
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iii) Partners	Destines				C dark chocolate chips	🕄 dates
Weekly Meal Ideas	ĸecipes			A	Image: Construction of the second	free
Pages	New Recipe Method				<ul> <li>honey</li> <li>pecans</li> <li>vanilla</li> </ul>	rolled oats
Comments	Use New Recipe Method				Choose from the most u	sed tags
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🛓 Users	15 minutes (plus chilling time)				✓ Breakfast	
۶ Tools	Serves				Gluten Free	
Settings	4-6 (about 28 bites)				✓ Guick & Lasy ✓ Sides	
Custom Fields	Pacing Attribution				<ul> <li>Snack Ideas</li> <li>Vegetarian</li> </ul>	
Eat Real Options	Appears as: (Recipe adapted from [name here].)				Beef	
🔊 SEO					Chicken	
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<ul> <li>Security</li> <li>s2Member (Pro)</li> </ul>	Ingredients	Directions	Section Title		Frankright Income	
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😷 Recipes 🛛 🖌	15 minutes (plus chilling time)					
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Add New Recipe Tags	Serves					
Recipe Categories	4-6 (about 28 bites)					
Change Order						
	Ingredients					
	20 dried dates	(pits removed)	880			
	1/2 cup old fashioned ro	lled Variation	880			
	1/4 cup shredded unswe	ete Variation				
	1 cup almond butter	Variation				

880

Variation

1 Tbsp

honey

Ingredients Directions Section Title Optional Quantity Ingredient Variation Visual Text В І мес ⊟ Select 🔻 Variatic 1 ≣ 66 - ≣ Add Ingredient = = 0 % Paragraph 🔻 <u>u</u> <u>a</u> • 🛱 🖉 Ω 🐺 ₽ *^ c* 0 р Add Step

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Recipe Quick Tips Nutritional Informa	tion
Serving Size Required to show Nutritional Information	
Calories	
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8. Fill Out Recipe Information

9. Add All Ingredients

Use the Red X to Delete Use the Yellow Box to Add a Subtitle Use the Green + to Add Ingredients - As you type your ingredient in a drop down list will appear to choose from

10. Fill Out Directions, Recipe Attributions

**11.** Check the box if you would like to allow comments below the recipe

12. Add Tags

**13.** Select the Recipe Categories you would like it to show up in

**14.** Upload a Featured Image

**15.** Click the Blue Update Button

Optional Additions:		888	
1/4 cup dried cranberries	Variation		
1/4 cup dark chocolate chip:	Variation		
rections			
			Visual
B I ⊻ 66 мв∈ ⊟ ⊟ Ξ Ξ	≡ ↑	× %	
<ul> <li>dry.</li> <li>2. Roll into bite size balls (about one i layer.</li> <li>3. Refrigerate (or freeze) until set, about 4. Store in a covered container in the</li> </ul>	inch in size) and j out 30 minutes. refrigerator or fre	place in a container or on a ba eezer. Enjoy!	aking sheet in a s
ol			
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