

# Savor & Share Recipe Contest Rules and Regulations

## Recipes must be:

- Vegan entrees (no animal products)
- Original
- Healthy

## What is healthy?

We love fresh foods that are low in salt and sugar. We encourage you to be creative. Here are some food and nutrition guidelines:

- Grains: Use whole grains (whole wheat, oats, barley, quinoa, millet, bulgur, whole wheat pasta, brown rice, and more); refined grains should be used sparingly, if used at all
- Fats: Use healthy fats from plant oils (e.g. olive, canola, peanut, soy, and so on); no trans fats
- Produce: Emphasize colorful vegetables and whole fruits; potatoes are not considered a vegetable and should be used sparingly, if used at all
- Proteins: Use plant based proteins—beans, nuts, seeds, tofu, seitan, tempeh
- Condiments: Salt and high-salt condiments should be used sparingly, if used at all

## How to submit your recipe:

- Post the written recipe on the Savor Facebook wall; we encourage you to include a picture or video of your dish (maximum time for the video is 2 minutes)
- If you have a healthy eating blog or website, you may do the following:
  - Post your recipe on your own platform
  - Post the recipe title and a short description on Savor Facebook wall and include a direct link to your recipe (on your platform)
  - You **must** include a title and brief description of your dish with your link. Any indirect links or any links without a description posted on the Savor Facebook wall will be considered spam and deleted.

## Prizes:

All entries that meet the above requirements will be eligible for these prizes:

- Feature display on partners' recipe websites and blogs, including Savvy Vegetarian, [www.savvyvegetarian.com](http://www.savvyvegetarian.com)
- Limited edition Savor totes
- Hardcover copies of Savor: Mindful Eating, Mindful Life

Savorthebook.com does not endorse the websites that link from our Facebook wall. We wish only to facilitate connections among members of the mindful eating community.