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**What skill(s) did you learn while doing this project?**

(Note: All entries must answer this question)

**How is this product nutritious or healthy? If you modified the recipe, what change(s) did you make and how did the change(s) make the product healthier or more nutritious?**

**What skill(s) did you learn while doing this project?**

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**How is this product nutritious or healthy? If you modified the recipe, what change(s) did you make and how did the change(s) make the product healthier or more nutritious?**

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**How is this product nutritious or healthy? If you modified the recipe, what change(s) did you make and how did the change(s) make the product healthier or more nutritious?**

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**How is this product nutritious or healthy? If you modified the recipe, what change(s) did you make and how did the change(s) make the product healthier or more nutritious?**

Product Name:	
Processed Date:	
Process Method (circle):	Boiling Water or Pressure* * Pounds of pressure = _____
Process Time:	
Altitude:	
Style of Pack (circle):	Raw or Hot
Recipe or Reference Source:	

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