Cookie Exchange Recipe Cards 2026

4 cards a page: cut on the dashed lines, write the recipe and tick every allergen it contains

COOKIE

Makes _____ Oven _____ Bake _____

INGREDIENTS

STEPS

CONTAINS

- ☐ Milk
- ☐ Eggs
- ☐ Fish
- ☐ Shellfish
- ☐ Tree nuts
- ☐ Peanuts
- ☐ Wheat
- ☐ Soy
- ☐ Sesame

Bake before eating: raw dough is not safe to eat.

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Source: U.S. Food and Drug Administration (FDA), Food Allergies (nine major food allergens) and Flour Is a Raw Food and Other Safety Facts. Print at 100% on US Letter.