

# The Recipe For Hope



A tantalizing collection of  
**- traditional recipes**  
**- monster meals**  
& other great concoctions!

Compiled by the Friends of CVSA



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& other great concoctions!

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Cyclic Vomiting Syndrome Association  
HOPE STARTS HERE.

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Some illustrations provided by Kate Conner

- Over **150 tantalizing recipes** submitted by CVSA members and friends
- Sufferer favorite recipes
- Whimsical illustrations and funny celebrity quotes
- Handy 5 1/2 X 8 1/2" size, printed with quality UV coated gloss cover, spiral bound for easy and durable countertop reference
- From appetizers to dessert, explore simple and easy recipes, special occasion recipes... even fire station tested crock pot recipes!
- **The Recipe for Hope makes a great holiday gift for anyone!**

**Cost: \$20**

Plus \$5 Shipping & Handling (Within contiguous U.S.)\*

**Proceeds from the sale of this cookbook help to fund research,  
support and outreach to those living with CVS. Thanks to all who contribute!**

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