***Example of QBIN Recipe Competition Submission***

*Recipe Name:* ***“Somebody-Love-Reviewer-Number-Two”***

*Description:  Bitter-sweet cocktail,**made without love but a lot of sweat.*

*Harsh at first, might just need a bit of sweetness.*

**A picture containing table, floor, food, wooden

Description automatically generated**

*Ingredients:*

*-1/2 Grapefruit (not the better half)*

*-Gin (2 ounces) – (we recommend discovering the selection of gins from Quebec)*

*-Ginger root (1 ounce)*

*-1 cup of Boiling water (that’s where the sweat comes from!)*

*-Quebec honey (optional)*

*-Decorative: branch of pine tree*

*Instructions*

*Infuse grapefruit and ginger. Let it sit for 5 minutes.   
Add gin and honey to taste. Decorate with pine tree branches.*

*Author(s):* Isabelle Arseneau-Bruneau & Giulia Baracchi

*Affiliations:* McGill University - Montreal Neurological Institute