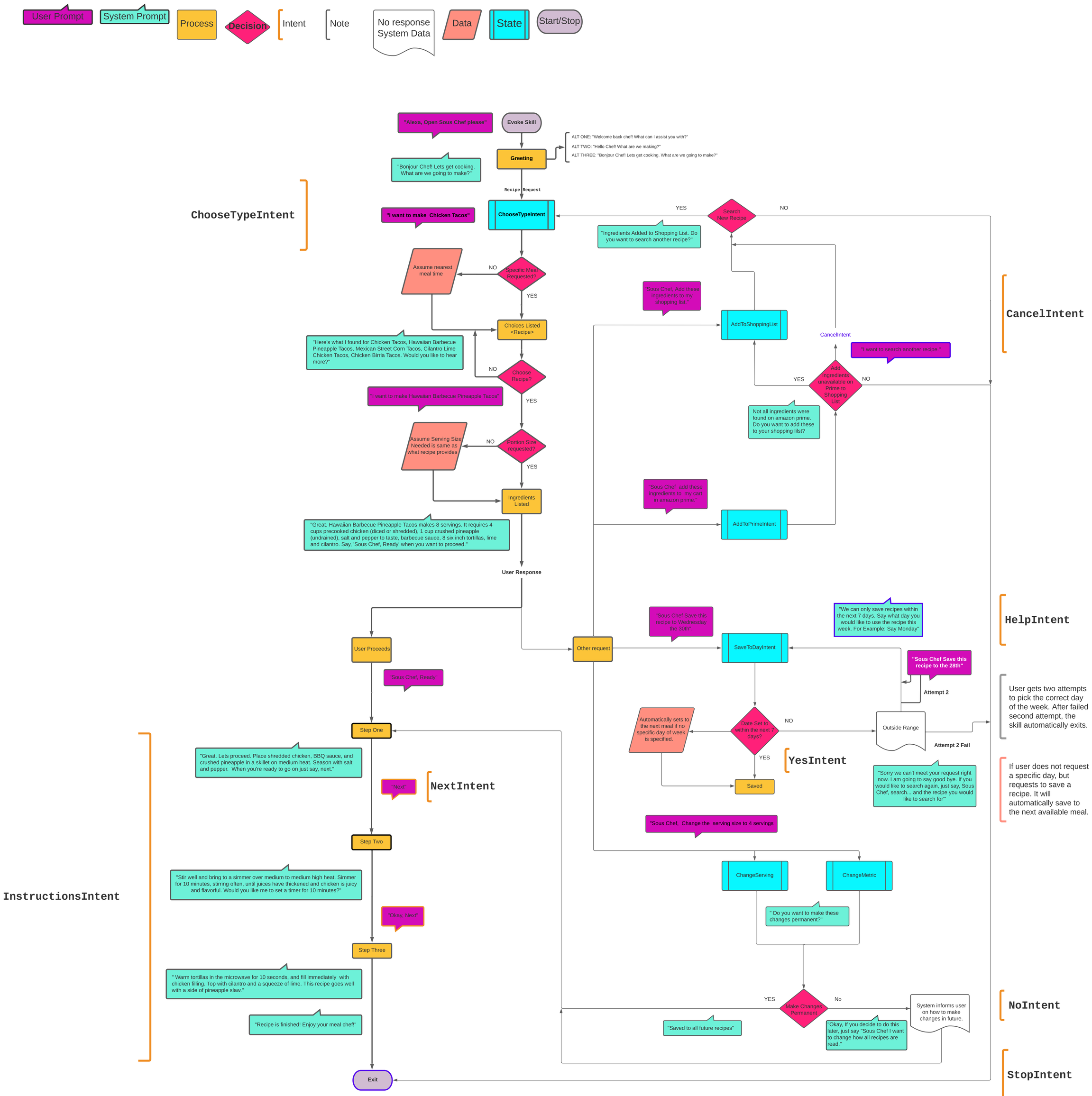Five Minute Recipe Flow Chart