

Recipe provided by editor of CP style as example:

Recipes

Follow this style for `recipes`, where imperial continues to be in wide use:

Apple Oatmeal Squares

250 ml (1 cup) all-purpose flour
250 ml (1 cup) quick-cooking rolled oats
125 ml (1/2 cup) firmly packed brown sugar
5 ml (1 tsp) nutmeg
2 ml (1/2 tsp) salt
175 ml (3/4 cup) butter
6 medium cooking apples
50 ml (1/4 cup) sunflower seeds

In a bowl, combine flour, oats, sugar, nutmeg and salt. Cut in butter until mixture is crumbly. Measure out 125 ml (1/2 cup) and set aside for topping. Press remaining mixture evenly in bottom of greased 23-cm (9-inch) square pan.

Peel and core apples, cut in halves lengthwise. Place cut side down on oatmeal base. Add sunflower seeds to reserved crumb mixture and sprinkle over top. Bake at 190 C (375 F) for 40 to 45 minutes. Cut into squares and serve warm or cooled.

Makes 12 squares.

Note: To save space, punctuation in abbreviations (tsp, tbsp) can be eliminated and numbers below 10 don't need to be written out.