

Ingredients	Value
Berries, Roasted Berries	0.5x fruit
Pomegranate, Sliced Pomegranate, Durian, Sliced Durian, Dragon Fruit, Sliced Dragon Fruit	1x fruit
Red Mushroom, Cooked Red Cap, Green Mushroom, Cooked Green Cap, Blue Mushroom	0.5x vegetable
Carrot, Roasted Carrot, Corn, Popcorn, Pumpkin, Hot Pumpkin, Eggplant, Braised Eggplant	1x vegetable
Egg, Cooked Egg	1x egg
Tallbird Egg, Fried Tallbird Egg	4x egg

Name		Health	Hunger	Sanity	Ingredients	Filler Restrictions (meat/egg always allowed)	Bonus Points (without ice)
	Mandrake Soup	+100	+150	+5	1xMandrake		
	Waffles	+60	+67.5	+20	1xButter + 1xEgg + 1xBerries		
	Dragonpie	+40	+60	+5	1xDragon Fruit		+47.5 hunger
	Fruit Medley	+30	+50	+5	2.5xFruit	No Vegetables or Twigs.	+22 HP
	Honey Nuggets	+20	+46.8	+5	1xHoney + 0.5xVegetable	No Twigs	+17 HP
	Butter Muffin	+20	+37.5	+5	1xButterfly Wings + 0.5xVegetable		
	Stuffed Eggplant	+3	+64.5	+5	1xEggplant + 0.5xVegetable	No Honey	+17.5 hunger -17 HP
	Fist Full of Jam	+3	+25	+5	0.5xFruit	No Twigs or Veggies.	
	Ratatouille	+3	+25	+5	0.5xVegetable	No Twigs.	
	Pumpkin Cookie	0	+82.5	+15	1xPumpkin 2xHoney		+21.4 hunger
	Taffy (for sanity only)	-3	+25	+15	3xHoney		
	Powdercake	0	+56.8	5	1x Corn + 1x Honey + 1x Twig		+5 hunger
	Guacamole	+20	+35	+5	1x Cactus Flesh + 1x Mole Worm	No Fruit	+20 HP
	Flower Salad	+40	+47.5	+5	1x Cactus Flower + 2x Vegetable	All Fillers Allowed	+5 hunger +32 HP

	Trail Mix	+30	+12.5	+5	1x Cooked Birchnut + 1x Berry + 1x Fruit	No Vegetable and Dairy	
	Ice Cream	0	+50	+50	1x Dairy + 1x Ice + 1 Sweetener	No Vegetable or Twig.	+24 hunger +40 san
	Melonsicle	+3	+37.5	+20	1x Watermelon + 1x Ice + 1x Twig	No Vegetable.	+10 hunger +12 san

Anything highlighted in **BOLD** have been adjusted for this mod.

Twigs are worth 5 hunger points for the purpose of calculating bonus hunger points.

Meat or Egg can be used as a filler in any recipe. You may eat eggs.

Note: Manure has been nerfed. now takes 8 Manure to get one crop from an Improved Farm.