

BLADDER HEALTH UK RECIPE COMPETITION

Create a bladder-friendly dish which excludes ingredients on the forbidden list. We're looking for original recipes (no stealing from your favourite chef!). We will select a winner in April 2024. If they are based in the UK and over the age of 18, they will receive a cookery apron as their prize! Sweet and savoury recipes are welcome!

Our favourite recipes will be published in the forthcoming new edition of our Recipe Book!

Forbidden Foods

Fruits – apples¹, grapefruit, lemon, orange, pineapple, strawberry, kiwi, cherries, raspberries, glace cherries, cantaloupe melon, pomegranate, guava, dried fruit²

Fruit Juices – cranberry, grapefruit, orange, pineapple

Vegetables – tomato & tomato products, chillies, pickled veg

Spices – chilli powder, cloves, paprika, vinegar

Drinks – coffee, caffeinated tea, carbonated drinks - cola, non-colas, diet & caffeine-free

Alcohol – beer, red wine, white wine, champagne

Chocolate³

Sour Cream

Flavour Enhancers – monosodium glutamate (MSG), horseradish, vinegar

Artificial sweeteners

¹ Pink Lady apples are sweet and kind to the bladder
² Organic dried fruit is acceptable
³ White chocolate is acceptable

Recipe Contest Rules

1. The Bladder-Friendly Recipe Contest is open to all UK residents except for professional recipe writers, developers (e.g. chefs, cookbook writers). Professional writers may submit recipes for inclusion in the book but will not be eligible for a prize.
2. Not open to entrants under the age of 18.
3. Recipes must be ORIGINAL recipes created by the entrant and must not have been published previously.
4. Recipes containing ingredients on the enclosed forbidden food list will be disqualified.
5. There is no limit to the number of entries per person but only one prize will be awarded per household.
7. In submitting your recipe, entrants acknowledge that the materials and the copyrights therein will become the property of Bladder Health UK; that the information given is true and that the recipe is original; that Bladder Health UK may use the entrants materials including the submitted recipe as it sees fit including publication in print and online on the Bladder Health UK website.
10. The winning recipe will be judged by Bladder Health UK and the result announced on our social media platforms on 26th April. The winner will be contacted by direct message on social media to obtain their contact details.
12. You will only be contacted if you are a winner.
13. Bladder Health UK's decision of the winner and their prize shall be final and binding with the entrants and no correspondence will be entered into.
14. The entrant's personal data will be held for the purpose of the contest only and will not be used for any other purpose whatsoever without their prior permission.