

# **My personal Cooking Book**

**My Name**

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## **1. Recipes**

On the following pages follow some recipes.



## TestRecipe

⌚ 5 min  
 🍴 TestPortion  
 ⓘ TestEnergy  
 📄 BogusSource

### Ingredients

1/2	liter	Water
4	cup	Tea
2	tbsp	Honey
1		Lemon
1/2	liter	Fruit juice
100	g	Strawberries
50	g	Raspberries
1		Orange
100	g	Grapes

### Preparation

- 1 Mix water and tea. Season with the honey and the juice of the lemon.
- 2 Put into the serving dish and add the chopped fruit (strawberries, raspberries, orange fillets and pitted grapes) just before the arrival of the guests.

### Hint:

*A shot of mineral water gives the bowl a refreshing tingle. A shot of mineral water gives the bowl a refreshing tingle.*

# Fruit bowl

⌚ 5 min

🍴 For 4 person

📖 318 cal., 22 g total fat (6 g sat. fat), 76 mg chol., 488 mg sodium, 6 g carb, 2 g dietary fiber, 24g protein.

📄 [CookyBooky example](#)

## Ingredients

1/2	liter	Water
4	cup	Tea
2	tbsp	Honey
1		Lemon
1/2	liter	Fruit juice
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## Preparation

- 1 Mix water and tea. Season with the honey and the juice of the lemon.
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## Hint:

*A shot of mineral water gives the bowl a refreshing tingle. A shot of mineral water gives the bowl a refreshing tingle.*

# Fruit bowl 2

⌚ 5 min  
🍴 For 4 person  
📄 1 kJ  
📄 BogusSource

## Ingredients

1/2	liter	Water
4	cup	Tea
2	tbsp	Honey
1		Lemon
1/2	liter	Fruit juice
100	g	Strawberries
50	g	Raspberries
1		Orange
100	g	Grapes

## Preparation

- 1 Mix water and tea. Season with the honey and the juice of the lemon.
- 2 Put into the serving dish and add the chopped fruit (strawberries, raspberries, orange fillets and pitted grapes) just before the arrival of the guests.

## Hint:

*A shot of mineral water gives the bowl a refreshing tingle. A shot of mineral water gives the bowl a refreshing tingle.*

## **2. Desserts**

On the following pages follow some desserts recipes.



## Fruit bowl 2

⌚ 5 min  
🍴 For 4 person  
📖 1 kJ  
📄 BogusSource

### Ingredients

1/2	liter	Water
4	cup	Tea
2	tbsp	Honey
1		Lemon
1/2	liter	Fruit juice
100	g	Strawberries
50	g	Raspberries
1		Orange
100	g	Grapes

### Preparation

- 1 Mix water and tea. Season with the honey and the juice of the lemon.
- 2 Put into the serving dish and add the chopped fruit (strawberries, raspberries, orange fillets and pitted grapes) just before the arrival of the guests.

### Hint:

*A shot of mineral water gives the bowl a refreshing tingle. A shot of mineral water gives the bowl a refreshing tingle.*



