

# **My personal Cooking Book**

**My Name**

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## **1. Recipes**

On the following pages follow some recipes.



## TestRecipe

5 min

TestPortion

TestEnergy

### 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

1 kJ

## Ingredients

|     |       |              |
|-----|-------|--------------|
| 1/2 | liter | Water        |
| 4   | cup   | Tea          |
| 2   | tblsp | Honey        |
| 1   |       | Lemon        |
| 1/2 | liter | Fruit juice  |
| 100 | g     | Strawberries |
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