# My personal Cooking Book

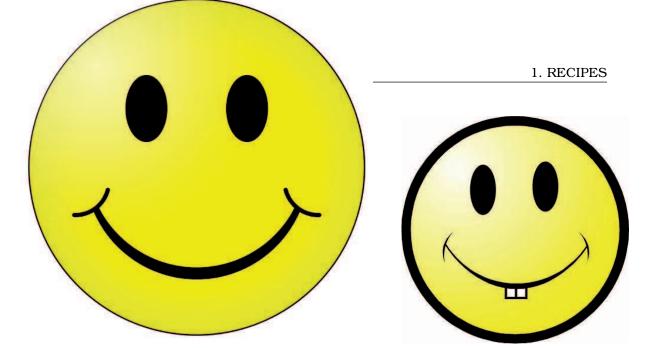
My Name

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### 1. Recipes

On the following pages follow some recipes.



# TestRecipe

5 min TestPortion TestEnergy

#### **Ingredients**

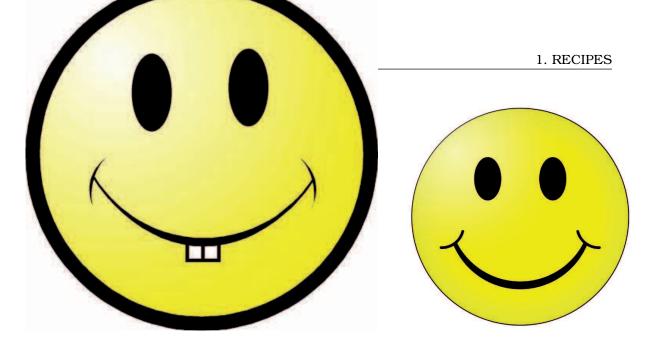
1/2	liter	Water
4	cup	Tea
2	tbsp	Honey
1		Lemon
1/2	liter	Fruit juice
100	g	Strawberries
50	g	Raspberries
1		Orange
100	g	Grapes

#### **Preparation**

- Mix water and tea. Season with the honey and the juice of the lemon.
- 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	tbsp	Honey
1		Lemon
1/2	liter	Fruit juice
100	g	Strawberries
50	g	Raspberries
1		Orange
100	g	Grapes

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