

My personal Cooking Book

My Name

Table of Contents

1. Recipes	4
TestRecipe	5
Fruit bowl	6
Fruit bowl 2	7

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
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 2

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
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.

