My personal Cooking Book

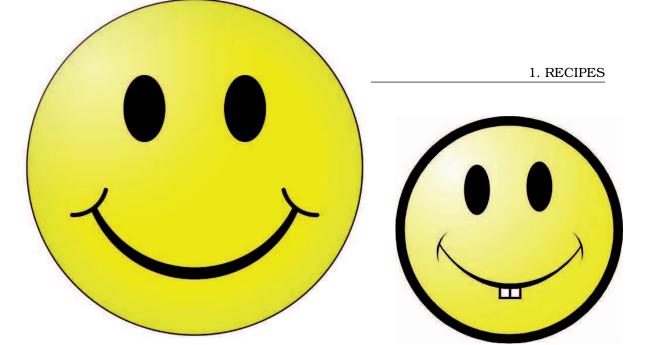
My Name

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1. Recipes

On the following pages follow some recipes.



TestRecipe

- **②** 5 min
- **TestPortion**
- 1 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

- 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:

Fruit bowl

- **9** 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

$\frac{1}{2}$	liter cup	Water 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:

Fruit bowl 2

9 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

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:

2. Desserts

On the following pages follow some desserts recipes.

Fruit bowl 2

9 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

- 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: