

My personal Cooking Book

My Name

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1. Recipes

On the following pages follow some recipes.



TestRecipe

⌚ 5 min

🍴 TestPortion

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

First group

| | | |
|-----|-------|--------------|
| 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 |

Second group

| | | |
|-----|-------|--------------|
| 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

First instructions group

- 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.

Second instructions group

- 3 Mix water and tea. Season with the honey and the juice of the lemon.
- 4 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.

2. Desserts

On the following pages follow some desserts recipes.

Fruit bowl 2

⌚ 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 |

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.

