My personal Cooking Book

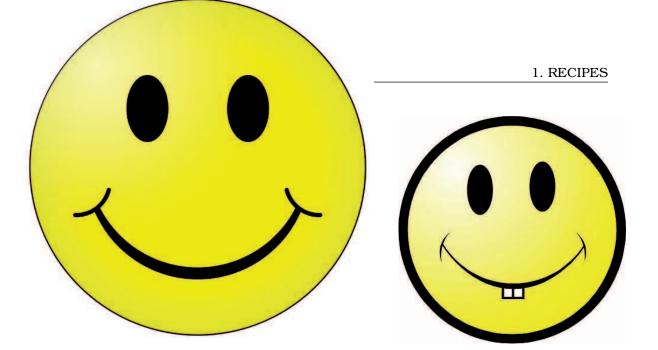
My Name

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1. Recipes

On the following pages follow some recipes.



TestRecipe

② 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	Ø	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

- **②** 5 min
- For 4 person
- 1318 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	tbsp	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	tbsp	Honey
1		Lemon
1/2	liter	Fruit juice
100	g	Strawberries
50	g	Raspberries
1		Orange
100	g	Grapes

Preparation

First instructions group

- 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

- 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

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

Ingredients

liter	Water
cup	Tea
tbsp	Honey
	Lemon
liter	Fruit juice
g	Strawberries
g	Raspberries
	Orange
g	Grapes
	cup tbsp liter g

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: