

3rd project

COOKBOOK

By "Cook it from scratch"

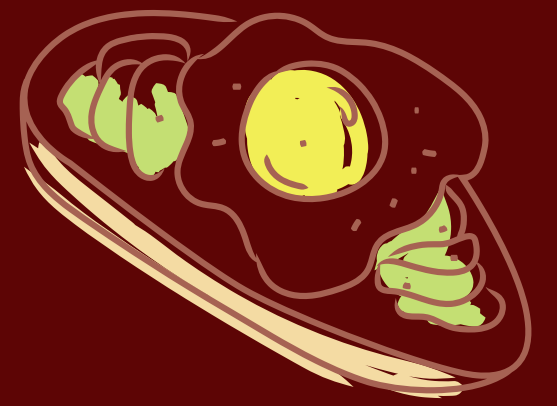


We are very happy
that you are here with us to explore the world of cooking.
Are you a beginner or a pro? we have many recipes to offer.
Let's start cooking!

Healthy breakfast recipes:



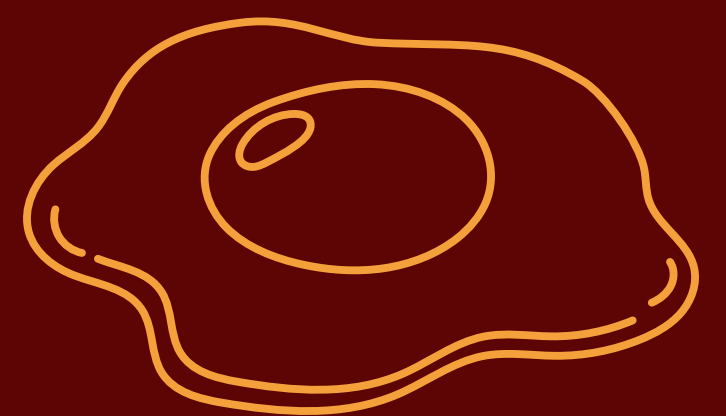
Avocado Toast with Poached Egg: Toast a slice of whole grain bread with mashed avocado, a poached egg, and a sprinkle of salt and pepper. This breakfast is packed with healthy fats, protein, and fiber.



Overnight Oats: Mix rolled oats with almond milk, yogurt, and your favorite toppings (such as berries, nuts, and honey). Let the mixture sit in the refrigerator overnight, and in the morning, you'll have a delicious and nutritious breakfast ready to go.



Sweet Potato Hash with Eggs: Dice sweet potatoes and sauté them with onions, garlic, and your favorite spices. Crack a few eggs into the pan and cook until the eggs are set. This breakfast contains vitamins and nutrients from sweet potatoes and eggs and is a great way to start the day.



Healthy lunch recipe ideas:



Quinoa Salad with Roasted Vegetables:

Ingredients:



1 cup cooked quinoa

Assorted roasted vegetables (such as bell peppers, zucchini, and eggplant)

Handful of cherry tomatoes, halved

Fresh basil leaves, chopped

Crumbled feta cheese (optional)

Lemon vinaigrette dressing (lemon juice, olive oil, Dijon mustard, salt, and pepper)

Instructions:

In a large bowl, combine cooked quinoa, roasted vegetables, cherry tomatoes, and fresh basil. Toss with lemon vinaigrette dressing until well coated.

Then, sprinkle crumbled feta cheese on top (if desired). Finally, Serve chilled or at room temperature.



2. Chickpea Salad Wrap:



Ingredients:

1 can chickpeas, drained and rinsed

Chopped vegetables (such as cucumber, bell peppers, and red onion)

Chopped fresh herbs (such as parsley or cilantro)

Lemon juice

Olive oil

Salt and pepper

Whole wheat wraps



Instructions:

In a bowl, mash the chickpeas with a fork until partially mashed. Add chopped vegetables and herbs to the mashed chickpeas. Then Drizzle with lemon juice and olive oil, and season with salt and pepper. Mix well until all ingredients are combined. After, Warm the whole wheat wraps in a pan or microwave if desired. Finally, Spoon the chickpea salad mixture onto the wraps and roll them up tightly. Slice the wraps in half and serve.

Healthy snack recipes:



Homemade Trail Mix: Combine your favorite nuts, seeds, and dried fruits in a bowl to make a custom trail mix. This snack is packed with protein, healthy fats, and fiber.

Apple Slices with Nut Butter: Slice an apple and serve it with a dollop of almond or peanut butter for a satisfying snack that's rich in fiber and healthy fats.

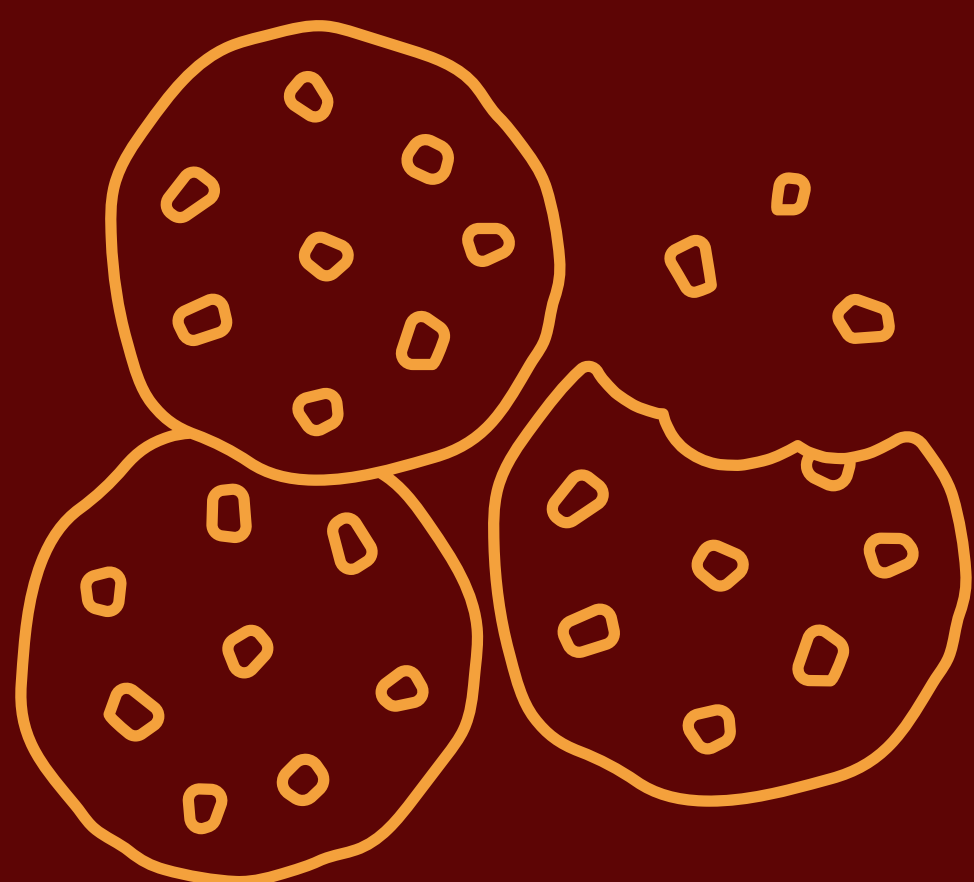


Roasted Chickpeas: Drain and rinse canned chickpeas, then toss them with olive oil and spices (such as cumin, paprika, and garlic powder). Roast the chickpeas in the oven until crispy, and enjoy as a crunchy snack that's high in protein and fiber.

Healthy dessert recipes:



Chia Seed Pudding: Mix chia seeds with almond milk, vanilla extract, and honey, and let the mixture sit overnight in the refrigerator. In the morning, top with fresh fruit or nuts for added flavor and texture.



Banana-Oat Cookies:

Mash ripe bananas with rolled oats, cinnamon, and a pinch of salt to make a simple and healthy cookie dough. Drop spoonfuls of the dough onto a baking sheet and bake until lightly golden.

Dark Chocolate Bark with Nuts and Seeds:

Melt dark chocolate and spread it onto a sheet of parchment paper. Sprinkle with a mix of chopped nuts and seeds, such as almonds, pumpkin seeds, and chia seeds. Let the chocolate cool and harden, then break it into pieces and serve.

"Congratulations on completing this journey through our 'Cooking from Scratch' cookbook!

We hope these recipes have inspired you to embrace the joys of preparing wholesome meals and snacks from scratch. By choosing fresh, nutritious ingredients and cooking with care, you have taken a positive step towards a healthier and more fulfilling lifestyle.

Remember, cooking is an art that allows us to nourish our bodies and delight our taste buds. It's about more than just following a recipe; it's about expressing creativity, sharing moments with loved ones, and discovering new flavors and textures.

As you continue your culinary adventures, we encourage you to experiment, adapt, and make these recipes your own. Explore different ingredients, flavors, and techniques to create dishes that reflect your unique taste and preferences.

We sincerely hope that this cookbook has empowered you to make healthier choices, develop a deeper appreciation for real, whole foods, and find joy in the process of cooking. Remember, every meal is an opportunity to nourish yourself and those around you.

Thank you for joining us on this journey, and we wish you many delicious and satisfying culinary experiences ahead.