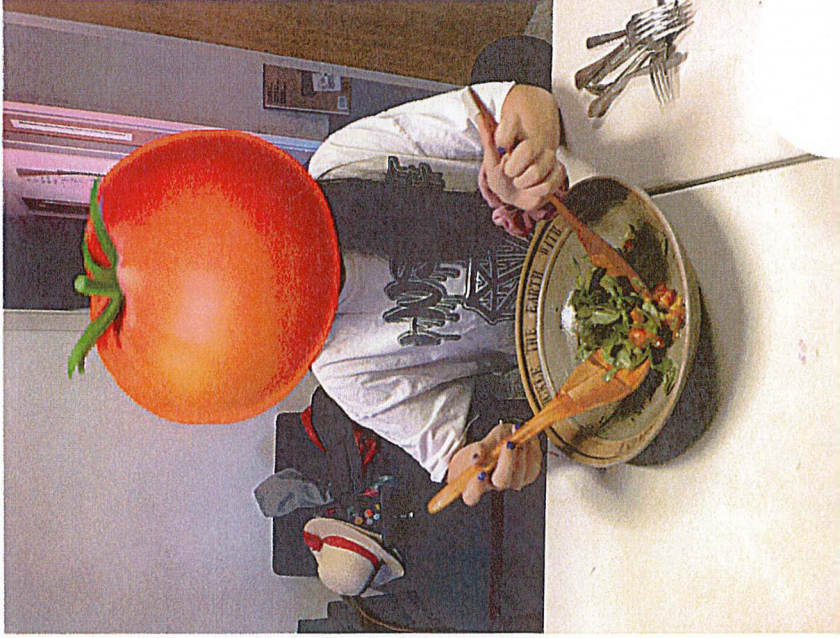


# RECIPES FOR EVERYONE

The BEAUTIFUL vegetation  
culinary creations

By J..A.P.I



# STRAWBERRY MILKSHAKE



## Ingredients

- Strawberries
- bananas
- milk
- yogurt
- Ice
- whip cream

## STEP 1

- rinse strawberries
- remove greenery  
- stems, leaves
- cut bananas?  
Strawberries in small parts.

## STEP 2

- put strawberries, banana, choice of milk and yogurt
- optional sugar and garlic
- Blend



## Step 3

- pour in cup
- add whipcream
- enjoy



# Lemon Verbena Tea

## Ingredients

- water in jar
- lemon verbena

## STEP 1

- grab lemon and  
rinse with water
- put lemon leaves  
in water and soak  
them in the sun  
outside for a day



## STEP 2

Pour in cup  
and enjoy



# Garlic

# Bread

## Ingredients

- bread
- garlic
- butter
- cheese

## STEP 1

- Toast bread

## STEP 2

- Melt butter
- crush garlic in butter

## STEP 3

- Pour butter-garlic on toast

## STEP 4

- add shredded cheese
- Put in oven 350° until cheese melt



# Mint Tea

## Ingredients

- mint
- jar of water

## Step 1

- grab the mint & jar
- Finice mint with water
- Put mint in jar & add water
- Put outside for a day

## STEP 2

- pour in cup  
and enjoy



# Purslane Salad

## Ingredient

- olive oil
- rice vinegar
- Purslane
- Parsley
- salt
- lemon
- cherry tomatoes

## STEP 1

- wash purslane, Parsley, tomatoes

## STEP 2

- Cut tomatoes

## STEP 3

- Combine all ingredients in bowl and mix
- add salt and lemon

## STEP 4

- eat and enjoy



# SWEET POTATOS FRILES

## Ingredients

- Sweet potatoes
- oil (any of choice)
- Salt

## STEP 1.

Wash and peel  
Potatoes

## STEP 3

- dry them  
and fry in pan  
with oil fill

Crispy

## STEP 2.

- Cut the potatoes  
into spears  
and soak them in  
cold water for 30 min

