



Cooking For One: A budget Cookbook, Delicious Recipes

Melissa Dover

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Cooking should not be stressful, but a pleasure that you can enjoy.
This is exactly what we will present to you through this book.

Although this book is named “cooking for one” it is not exclusively written for singles.

This cookbook is planned and created for all of you who want to create special meals just for yourself; in those special personal moments when you want to pamper your soul and body.

If you are in a rush or just want to make something for yourself – this is a book for you.

Simple and delicious recipes that are easy to follow.

You will also see that cooking for one can be fun.

Download this book now and discover:

- Simple recipes for one
- Recipes for breakfast
- Recipes for lunch and dinner
- Recipes for desserts

Sample recipes

Blueberry pancakes

Serving: 1

Ingredients:

- 1 egg
- 2 tablespoons milk
- ½ tablespoon honey
- 2 tablespoons coconut flour
- ¼ cup frozen berries, thawed
- Canola oil – for frying

Preparation method:

1. In a medium bowl whisk egg until fluffy.
 2. Add milk and honey. Stir well to combine.
 3. Fold in coconut flour and stir well until almost combined.
 4. Add berries and gently stir in.
 5. Heat a small amount of canola oil in non-stick pan.
 6. Spoon the batter into heated pan; 1 tablespoon per pancake.
 7. When bubbles appear flip pancakes to the other side and cook until golden.
 8. Serve immediately.
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Pesto and bacon spaghetti

Serves: 1

Ingredients:

- 3oz. spaghetti
- 1 tablespoon pesto
- ¼ red capsicum, diced
- 1 tablespoon fresh basil, chopped
- ¼ cup grated mozzarella
- Salt and pepper, to season

Preparation method:

1. Preheat non-stick skillet over medium-high heat.
 2. Add bacon and cook until crispy; set on paper towels to drain. Crumble the bacon.
 3. Cook spaghetti in a pot of boiling salted water until al dente or according to package instructions.
 4. Drain spaghetti and return to pot.
 5. Add pesto to spaghetti and toss to coat evenly; add capsicum, crumbled bacon and mozzarella.
 6. Season with salt and pepper and sprinkle with chopped basil.
 7. Toss once more before serving.
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Jerry Jackman:

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