



Mijn



Doe-het - zelf kookboekje



Afsprakenblad



Eerst en vooral bedankt voor jouw download en veel plezier ermee!

Dit kan:

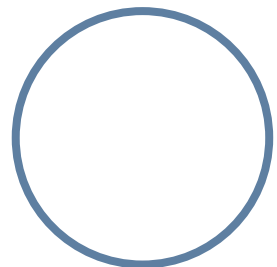
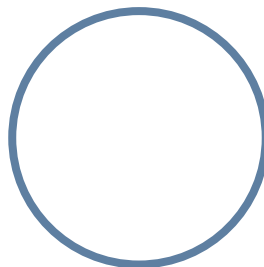
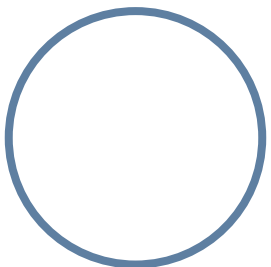
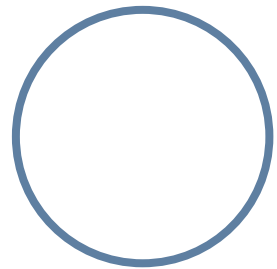
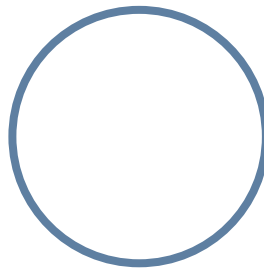
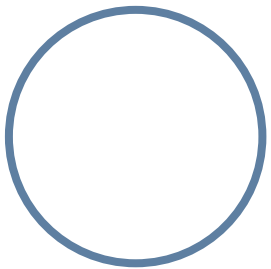
- gebruiken voor eigen lessen.
- reclame maken.
- foutjes melden.

Dit kan niet:

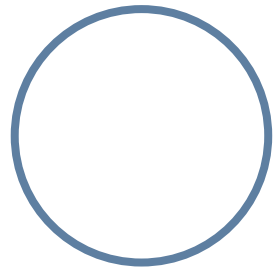
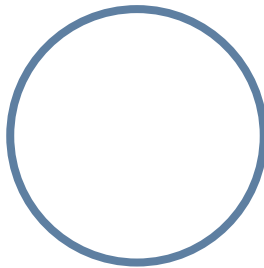
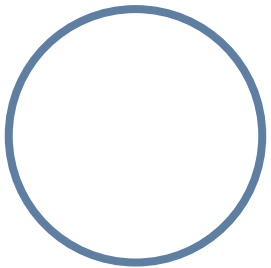
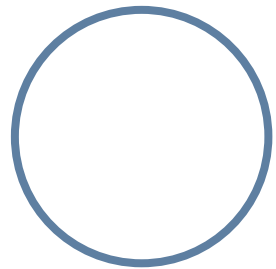
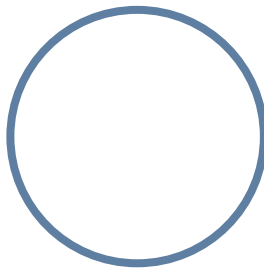
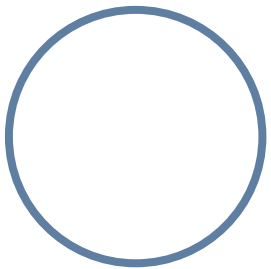
- doorverkopen aan anderen.
- dit bestand zelf op sociale media plaatsen.



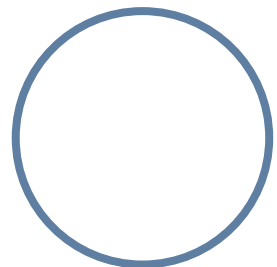
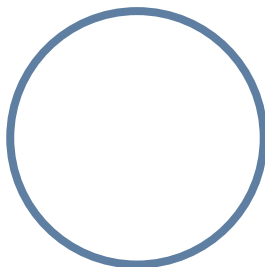
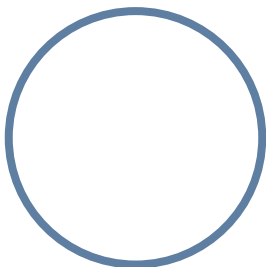
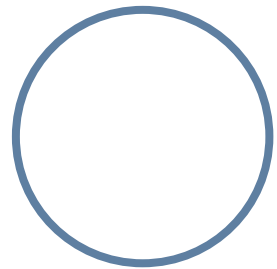
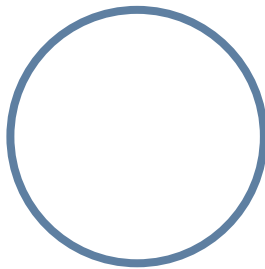
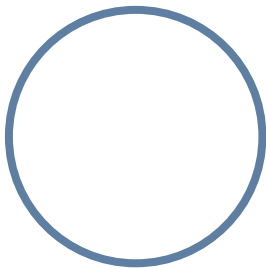
de keuken



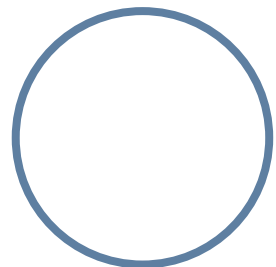
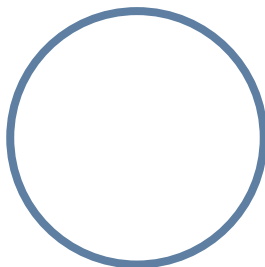
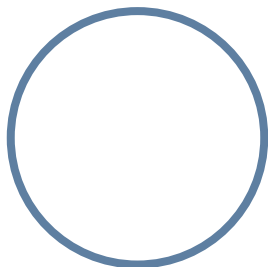
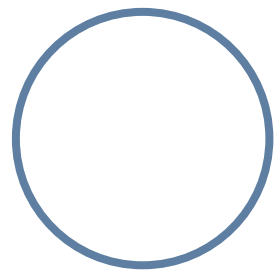
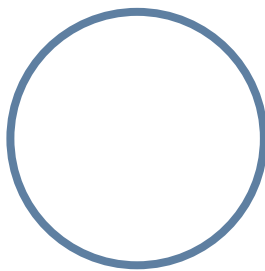
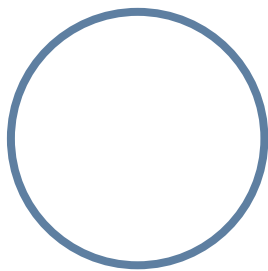
de keuken



de keuken



de keuken



boodschappenlijst



aantal

ingrediënten



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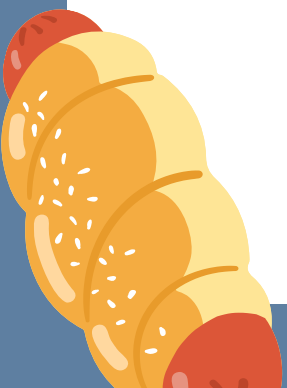
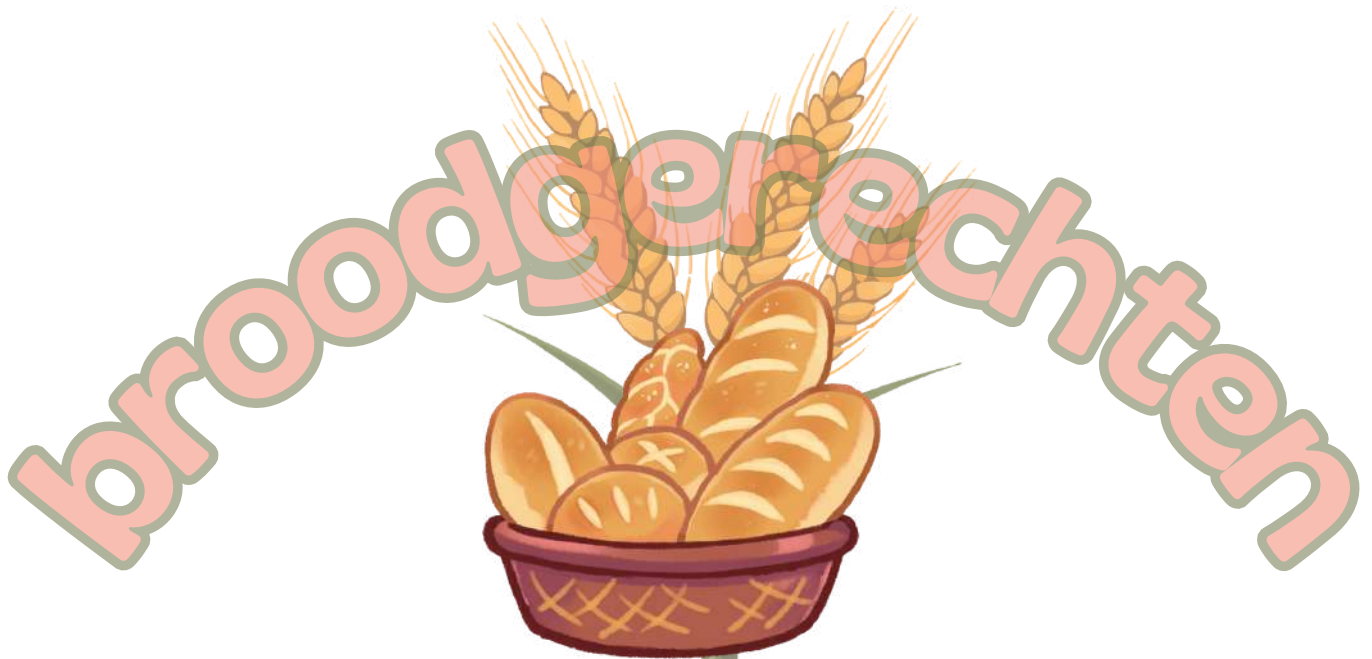
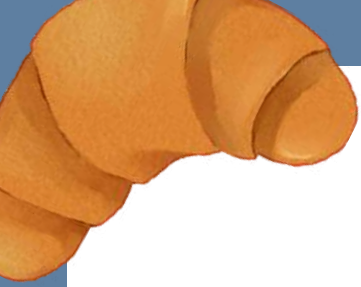
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boodschappenlijst

4 pers.



aantal ingrediënten

1x  bakje  kerstomaten

1x 



avocado

1x 



komkommer

6x 



ei

2x 



wortel

1x  pak



kippenwit

1x  pak



kaas

2x  pak



broodjes



boodschappenlijst

10 pers.



aantal	ingrediënten
2x  pak	 kerstomaten
 2x	 avocado
 2x	 komkommer
 12x	 ei
 4x	 wortel
2x  pak	 kippenwit
2x  pak	 kaas
5x  pak	 broodjes

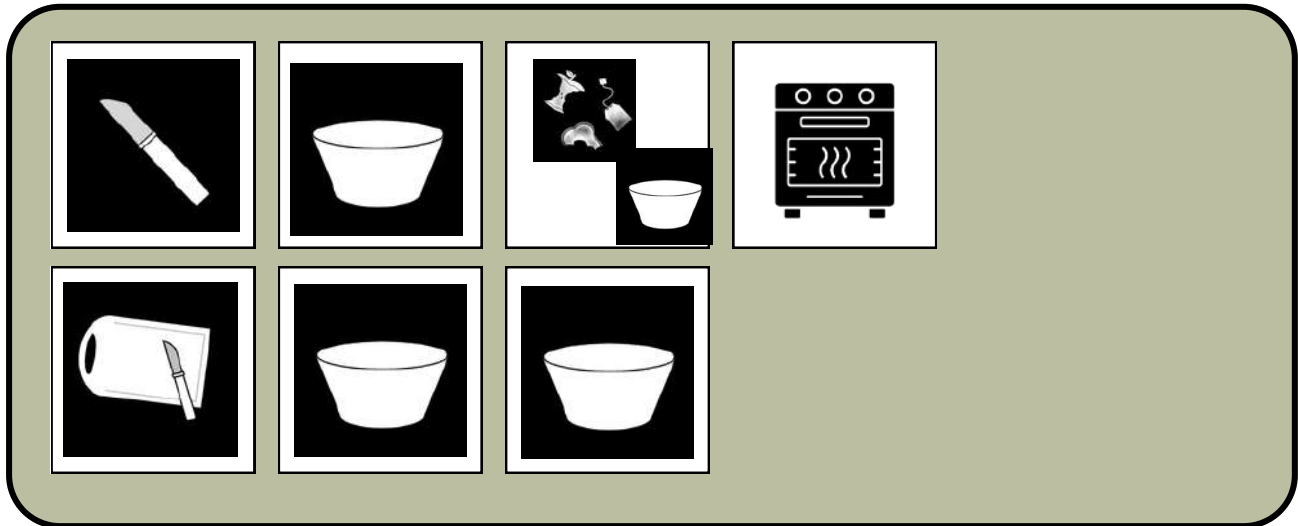




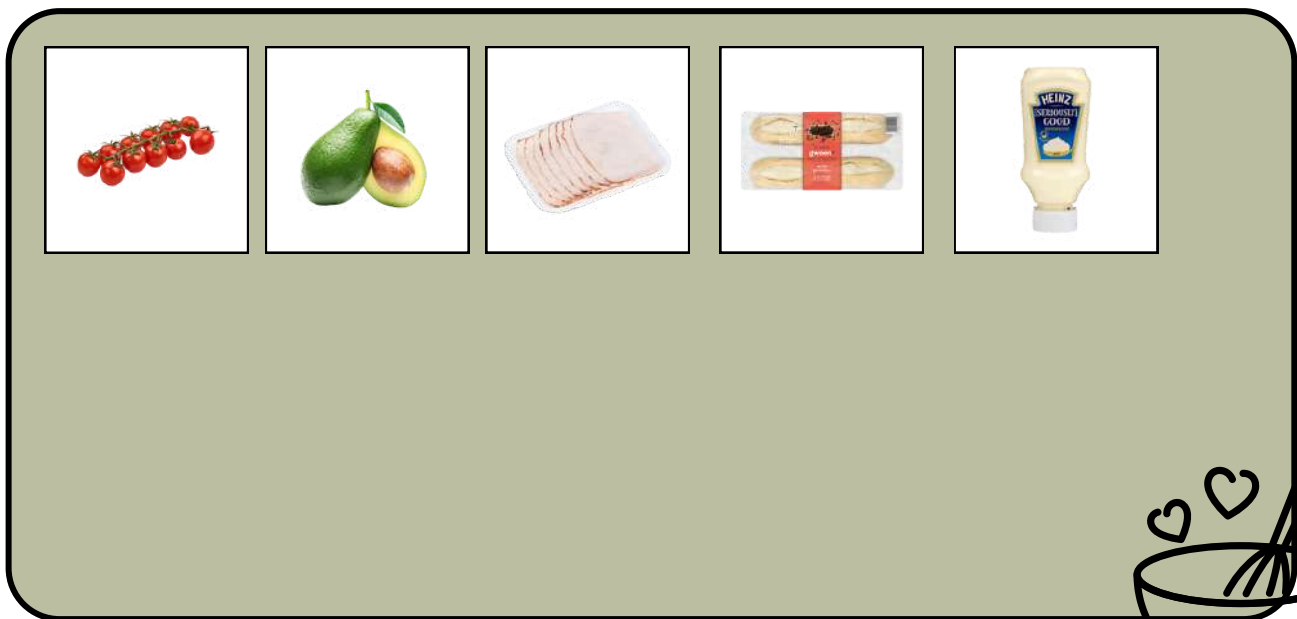
Broodje avocado



material?



voeding?

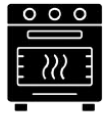




Broodje avocado



1



200 °C



8 minuten

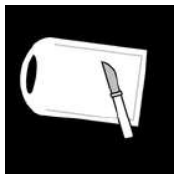
2



3



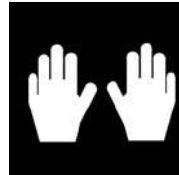
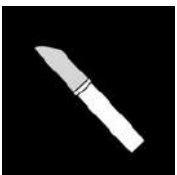
4



5



6



in de helft



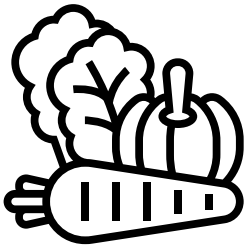
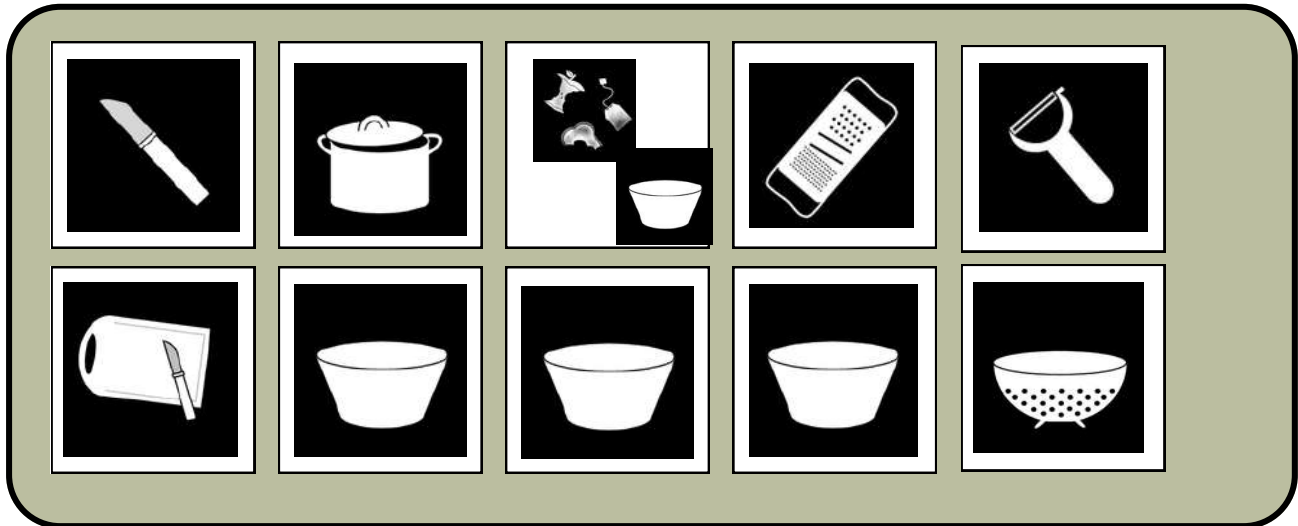
in blokjes



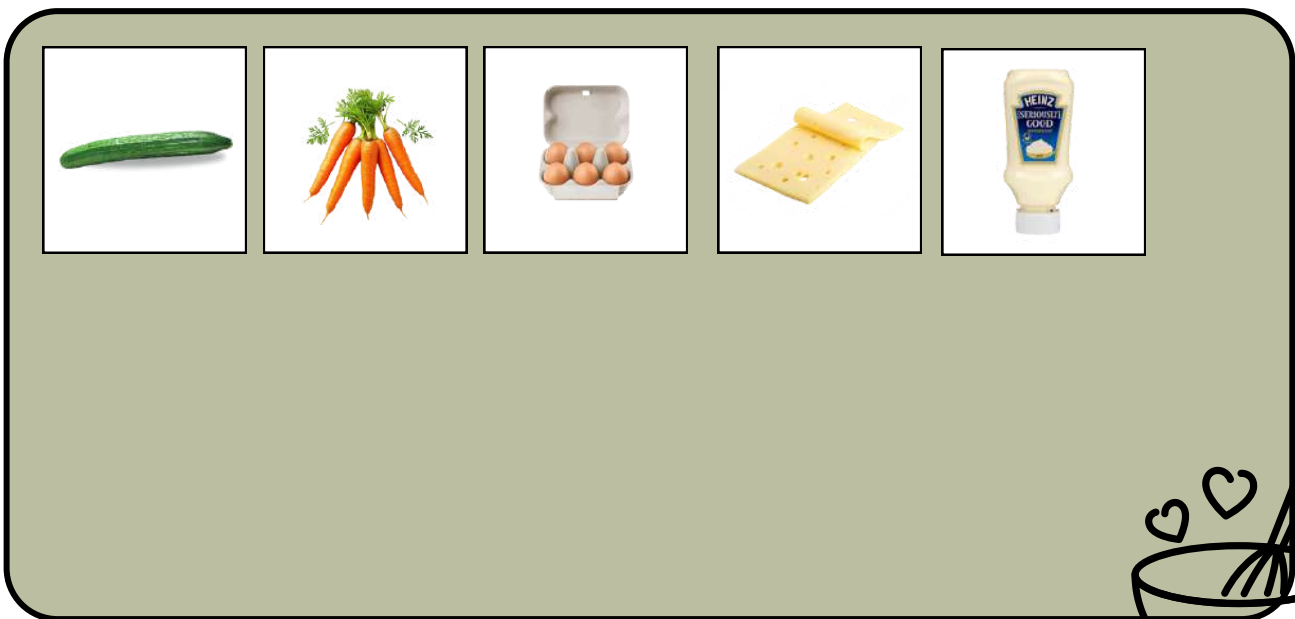
Smos kaas



materiaal?



voeding?





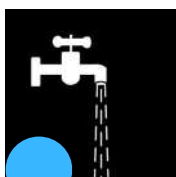
Smos kaas



1

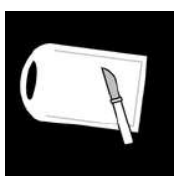


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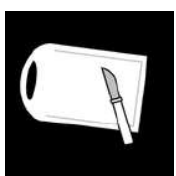


10 minuten

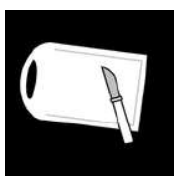
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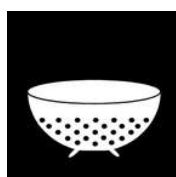
4



5



6



pellen



in schijfjes



in de helft

boodschappenlijst

4 pers.



aantal	ingrediënten
1x	 brood
1x pak	 kaas
1x pak	 ham / kippenwit
1x	 smeerboter
6x	 eieren
1x	 tuinkers
1x	 rode ui
1x pak	 radijzen
1x	 citroensap



boodschappenlijst

10 pers.



aantal	ingrediënten	
2x		brood
2x pak		kaas
2x pak		ham / kippenwit
1x		smeerboter
12x		eieren
1x		tuinkers
2x		rode ui
2x pak		radijzen
1x		citroensap

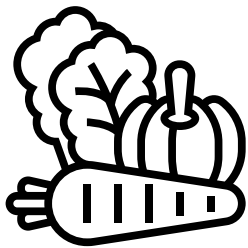
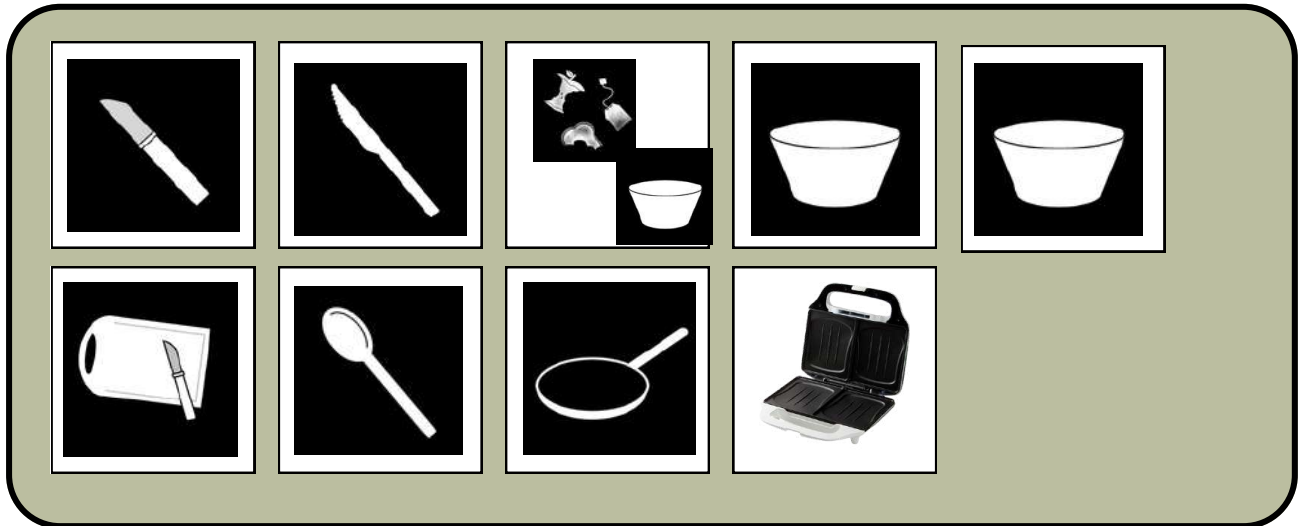




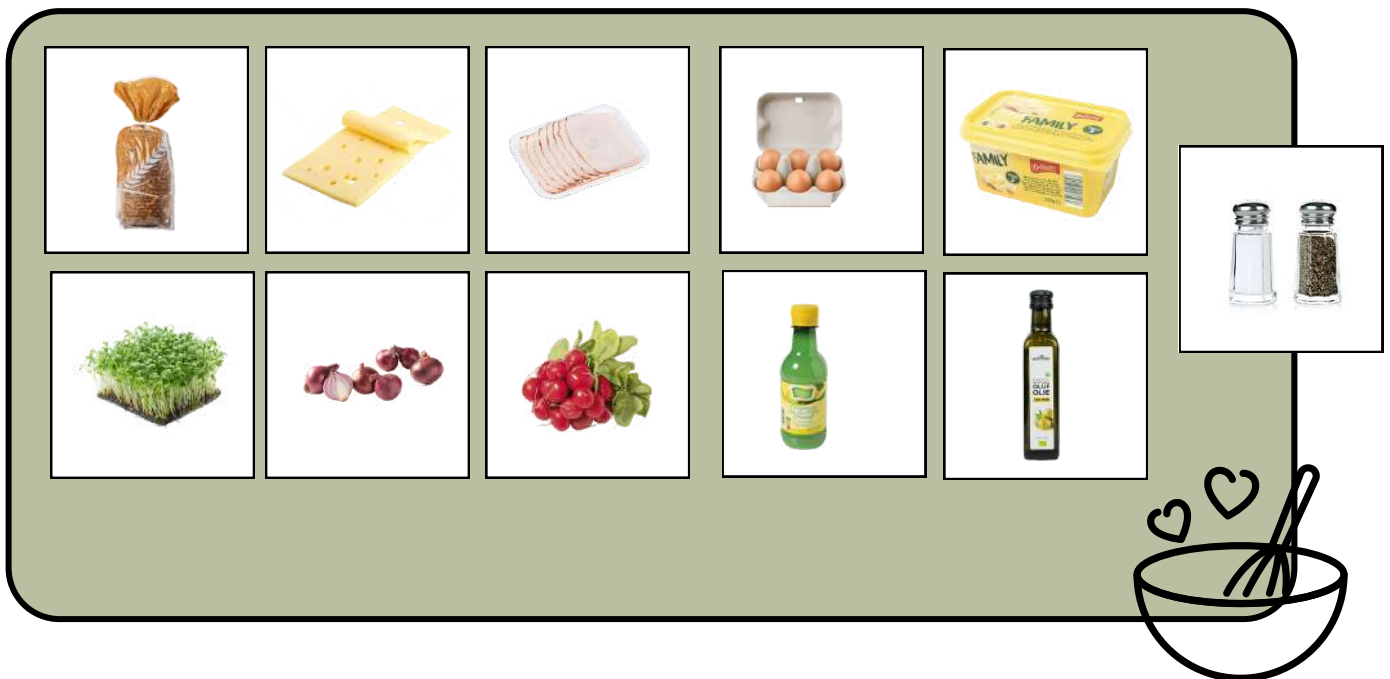
Croque-madame



materiaal?



voeding?





Croque-madame



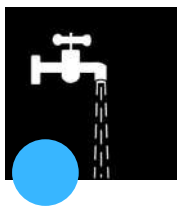
1



2



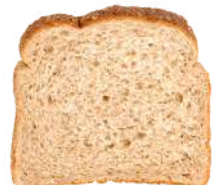
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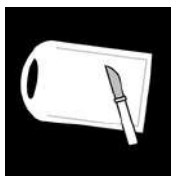
4



5



6



inschijfjes



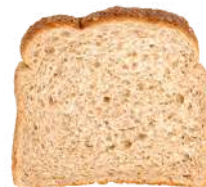
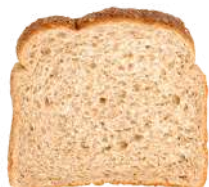
in blokjes



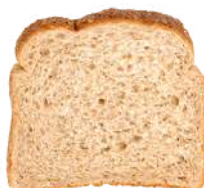
Croque-madame



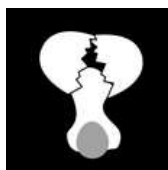
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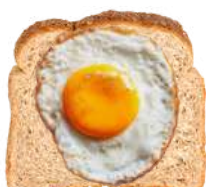
8



9



10



boodschappenlijst

4 pers.



aantal

ingrediënten



brood



kaas



ham / kippenwit



smeerboter



mayonaise



ketchup



boodschappenlijst

10 pers.



aantal

ingrediënten



brood



kaas



ham / kippenwit



smeerboter



mayonaise



ketchup

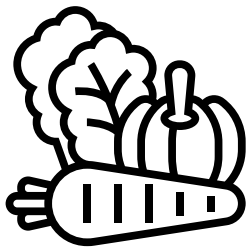
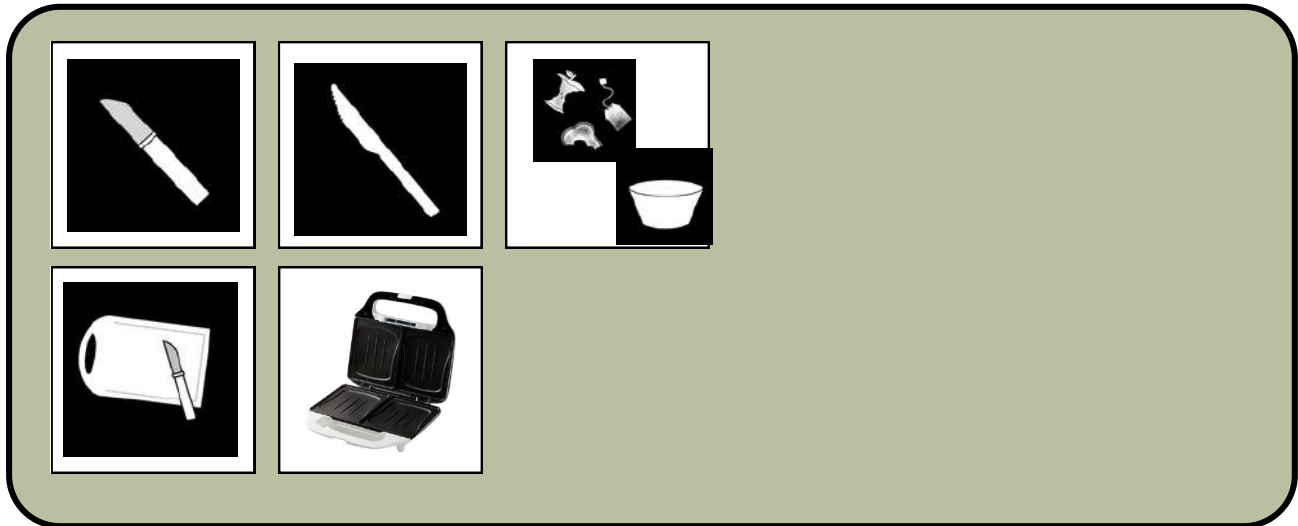




Croque-monsieur



materiaal?



voeding?





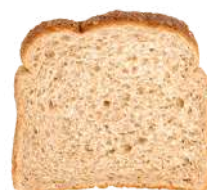
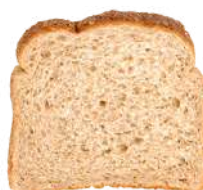
Croque-monsieur



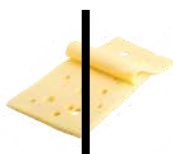
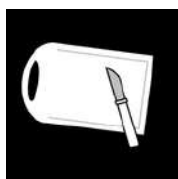
1



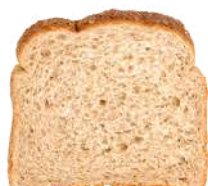
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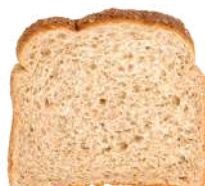
3



4



5



boodschappenlijst

4 pers.



aantal

ingrediënten



brood



kaas



ham / kippenwit



eieren



mayonaise & mosterd



bieslook



sla



tomaat



boodschappenlijst

10 pers.



aantal

ingrediënten

2x



brood

2x pak



kaas

2x pak



ham / kippenwit

12x



eieren

1x



mayonaise & mosterd

1x



bieslook

1x



sla

1 kg



tomaat

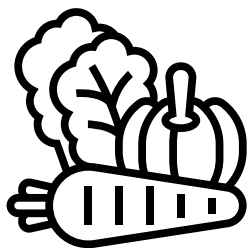
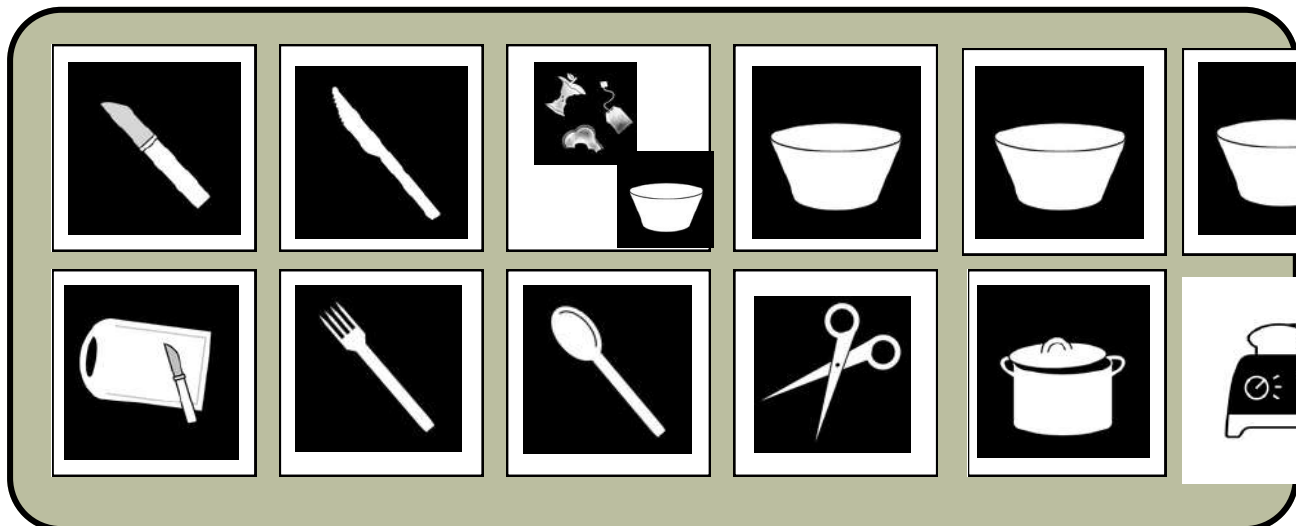




Clubsandwich met eiersalade



materiaal?



voeding?



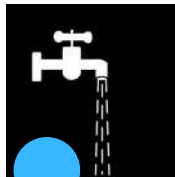
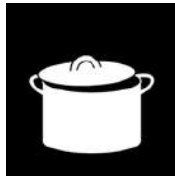


Clubsandwich met eiersalade

1

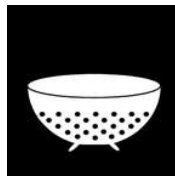


2



10 minuten

3



ellen

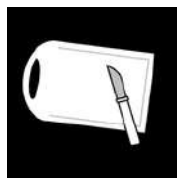


pletten

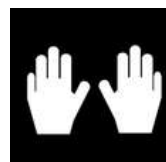
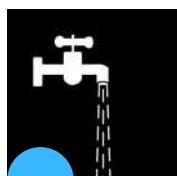
4



5



6

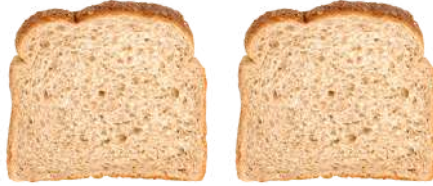


in schijfjes



Clubsandwich met eiersalade

7



8



boodschappenlijst

4 pers.



aantal

ingrediënten

1x pak



bladerdeeg

500 gr



gehakt

1x



paneermeel

1x



ei



boodschappenlijst

10 pers.



aantal

ingrediënten

4x pak



bladerdeeg

500 gr



gehakt

1x



paneermeel

3x



ei

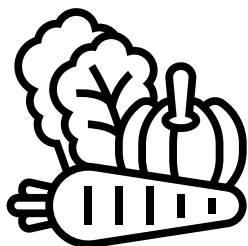
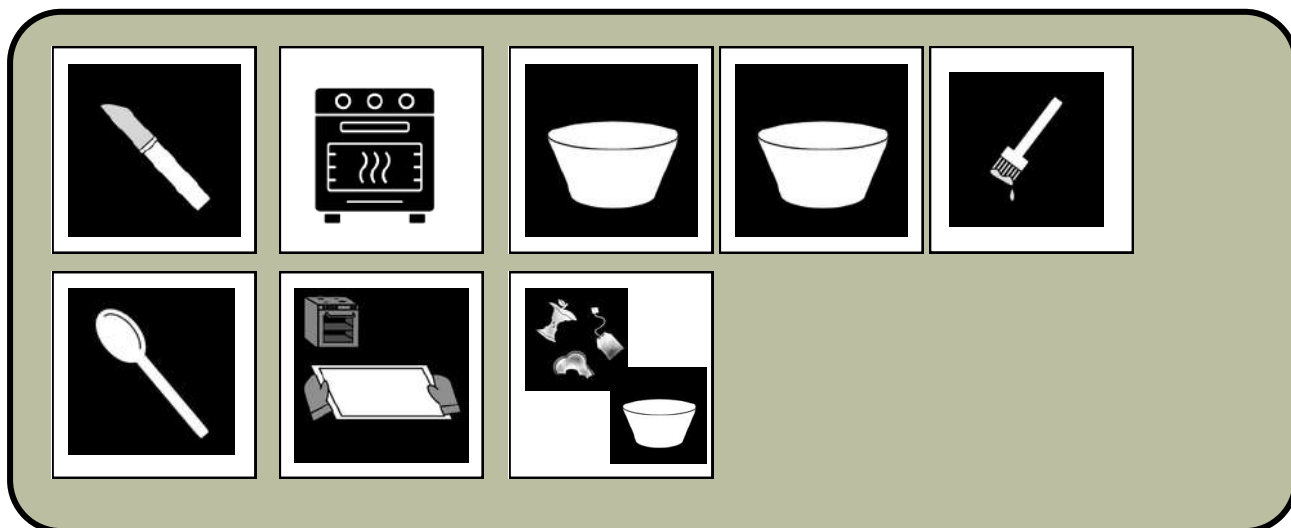




mummie worstenbroodjes



materiaal?



voeding?



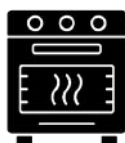


Mummie worstenbroodjes

1



2



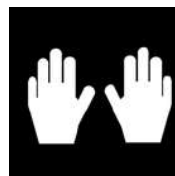
180 °

3

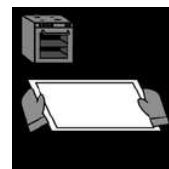
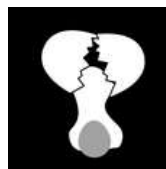


reepjes

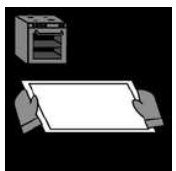
4



5



6



20 minuten

boodschappenlijst

4 pers.



aantal	ingrediënten
1x  pak	 pizzadeeg
1x 	 tomatensaus
1x 	 paprika
1x 	 courgette
1x 	 mozzarella
1x 	 gerapste kaas
1x 	 salami/ham
	 ronde uitsteekvorm



boodschappenlijst

10 pers.



aantal

ingrediënten

4x pak



pizzadeeg

1x



tomatensaus

3x



paprika

3x



courgette

3x pak



mozarella

2x pak



gerapste kaas

2x pak



salami/ham



ronde uitsteekvorm

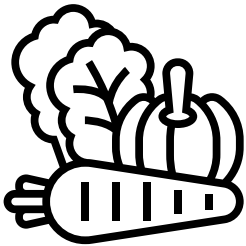
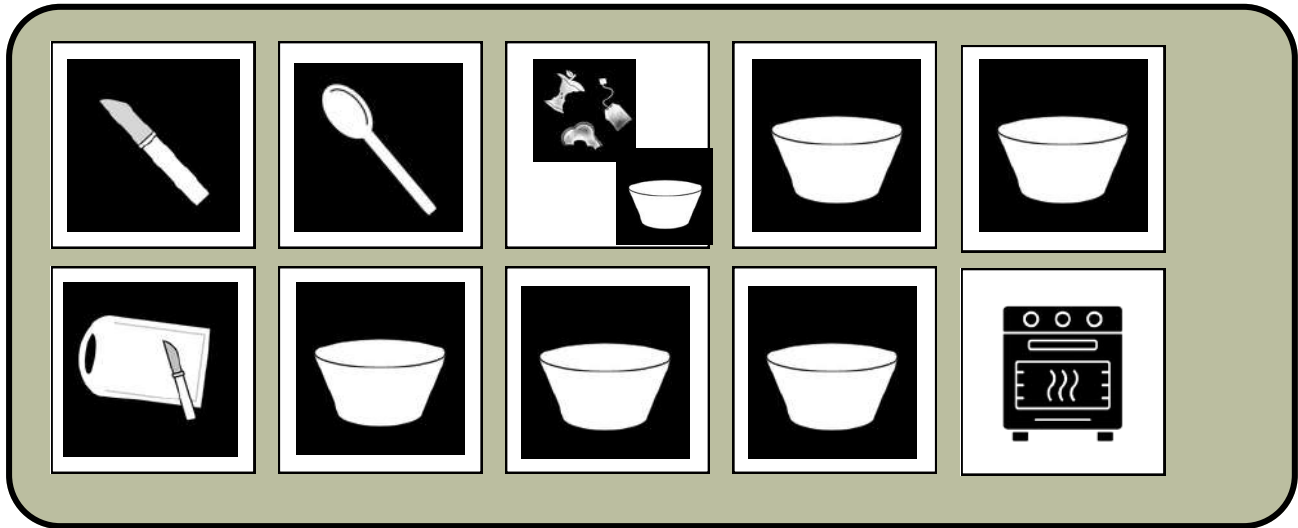




Mini pizza's



materiaal?



voeding?





Mini pizza's



1



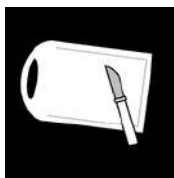
2



3



4



5



6



in schijfjes



in blokjes



Mini pizza's



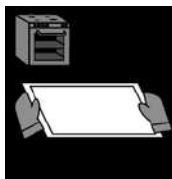
7



8



9



200 °c

10 minuten

boodschappenlijst

4 pers.



aantal ingrediënten

2x pak



wraps

500 gr



gehakt

1x pak



cheddar

1x pak



ijsberg sla

1x



augurken

2x



ui

1x



mayonaise

1x



mosterd

1x



azijn



boodschappenlijst

10 pers.



aantal

ingrediënten

3x pak



wraps

1 kg



gehakt

2x pak



cheddar

2x pak



ijsberg sla

2x



augurken

4x



ui

1x



mayonaise

1x



mosterd

1x



azijn

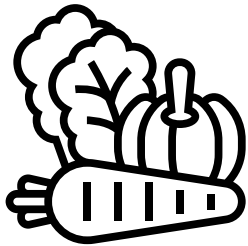
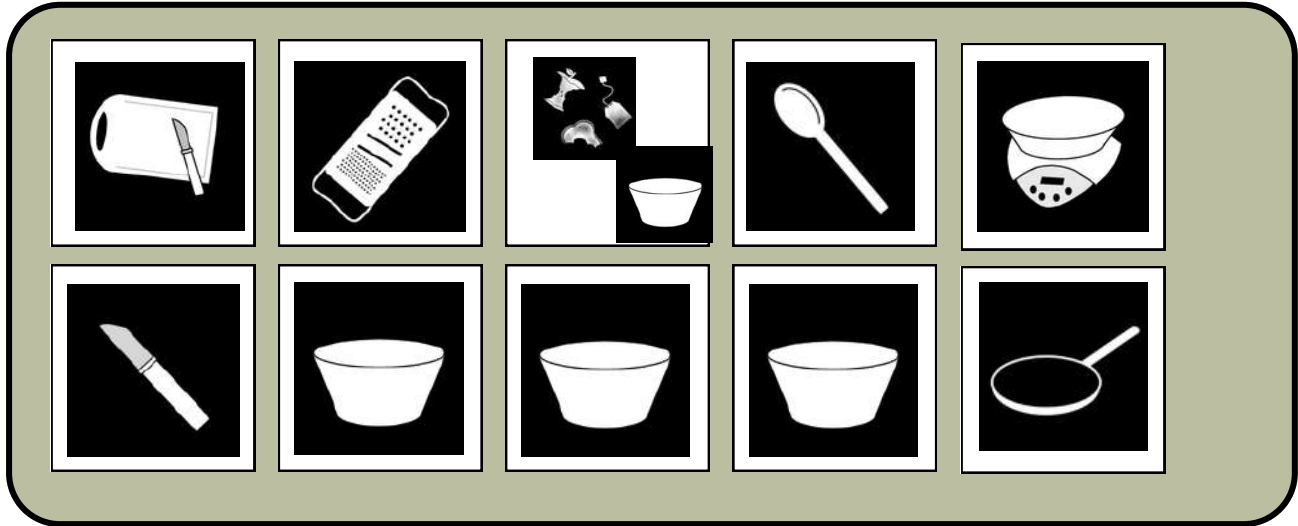




Big Mac Wraps



materiaal?



voeding?





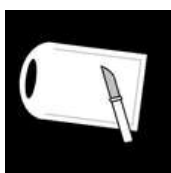
Big Mac Wraps



1



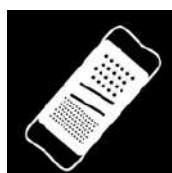
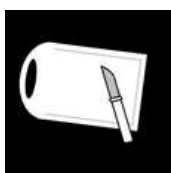
2



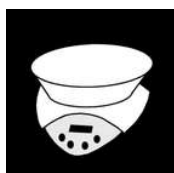
1



3



4



saus

125 gr



5



6



4



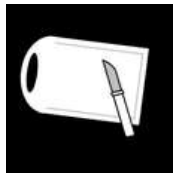
in blokjes



Big Mac Wraps



7



8



+ saus

1

boodschappenlijst

4 pers.



aantal ingrediënten

2x pak



wraps

500 gr



kip

2x



paprika

1x blik



maïs

1x



ui

1x bosje



lente ui

1x



mexicaanse kruiden

1x



zure room



boodschappenlijst

10 pers.



aantal

ingrediënten

3x pak



wraps

1kg



kip

4x



paprika

2x blik



maïs

2x



ui

2x bosje



lente ui

2x



mexicaanse kruiden

2x



zure room

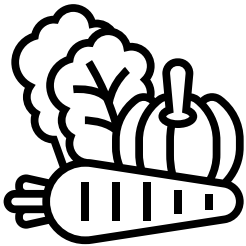
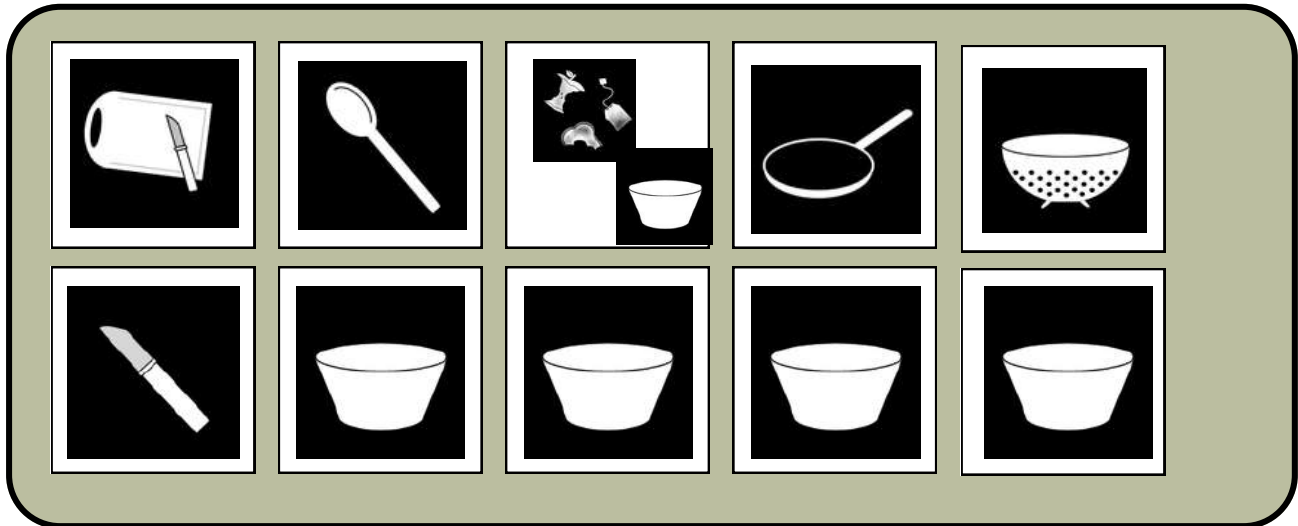




Wraps met kip



materiaal?



voeding?





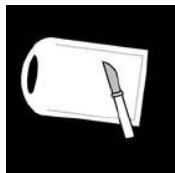
Wraps met kip



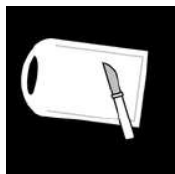
1



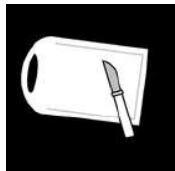
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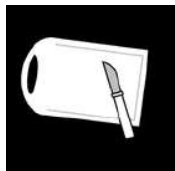
3



4



5



6



5 minuten



in blokjes

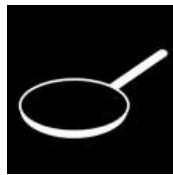




Wraps met kip



7



+



5 minuten

8



+



2 minuten

9



+



2 minuten

10



11



+



2 minuten

12



+



boodschappenlijst

4 pers.



aantal

ingrediënten



tomaten



ui



champignon



ei



tosti brood



kaas



kip



smeerboter



boodschappenlijst

10 pers.



aantal

ingrediënten

5x



tomaten

3x



ui

1x bakje



champignon

12x



ei

2 x zak



tosti brood

1x pak



kaas

2x pak



kip

1x



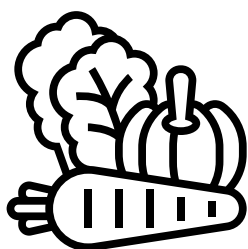
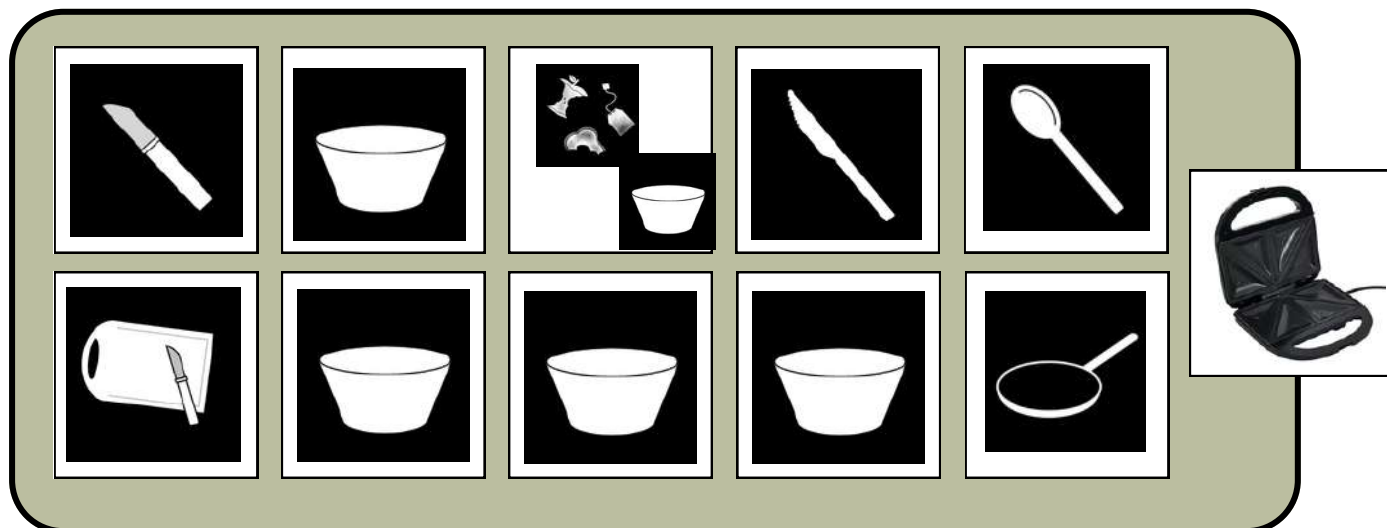
smeerboter



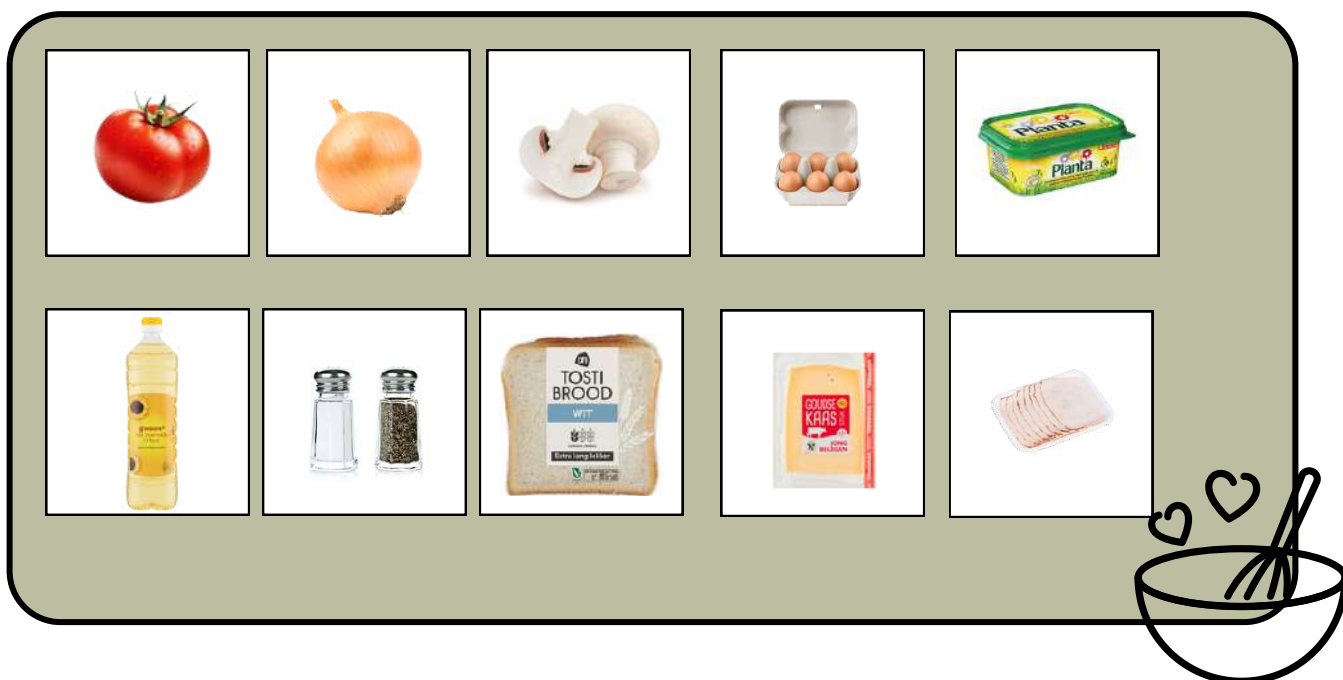
Omelette met tosti



materiaal?



voeding?





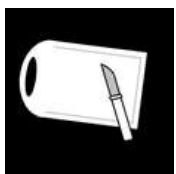
Omelette met tosti



1



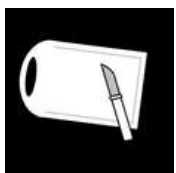
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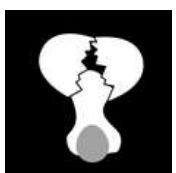
3



4



5



6



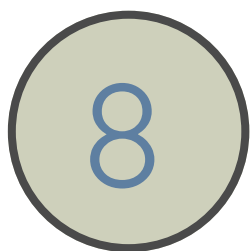
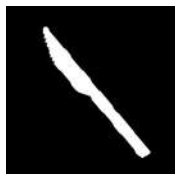
in schijfjes



in blokjes

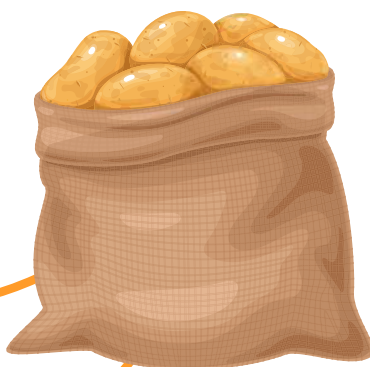


Omelette met tosti





aardappelgerecht



boodschappenlijst

4 pers.



aantal

ingrediënten

4 st.



chipolata

500 gr



wortel

5x



aardappelen(bloemig)

2x



sjalot

1x



Tomatenketchup



boodschappenlijst

10 pers.



aantal

ingrediënten

10 st.



chipolata

1 kg



wortel

10x



aardappelen(bloemig)

2x



sjalot

1x



Tomatenketchup

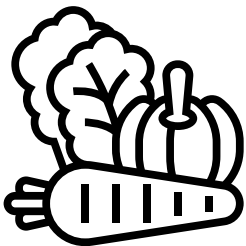
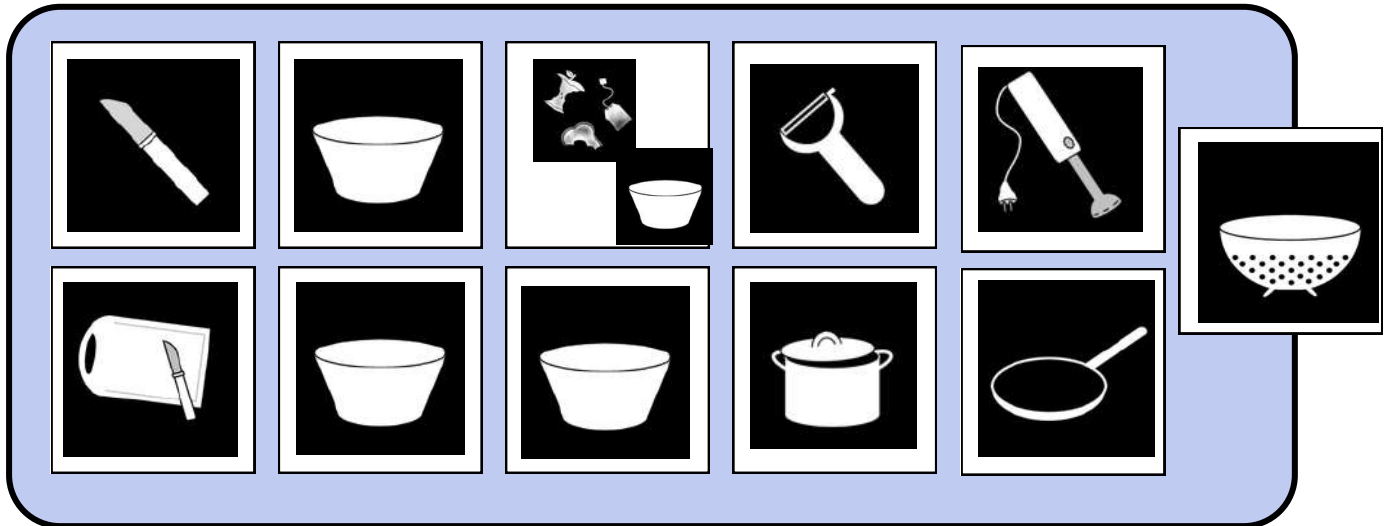




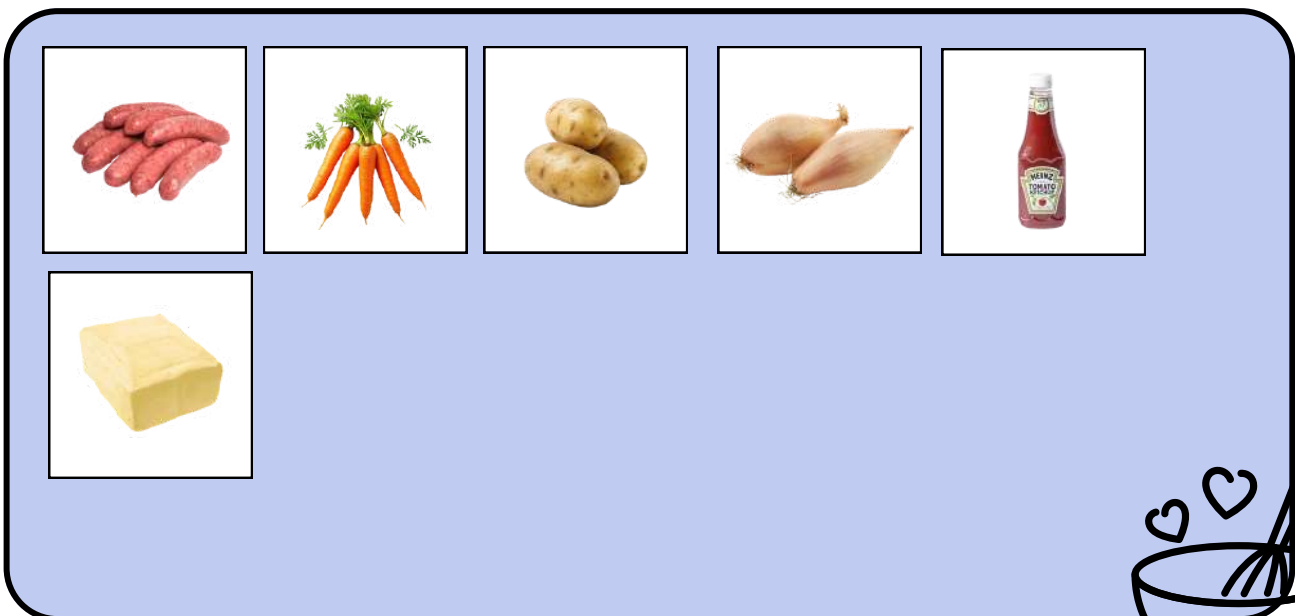
wortelpuree met worst



materiaal?



voeding?



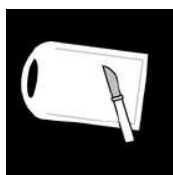


Wortelpuree met worst

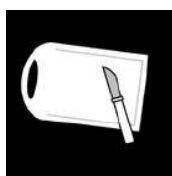
1



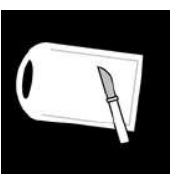
2



3



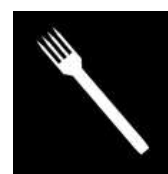
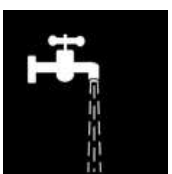
4



5



6



Tot je erin kan prikken



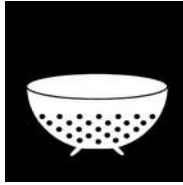
in blokjes



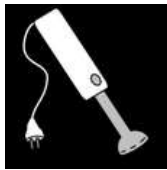
Wortelpuree met worst



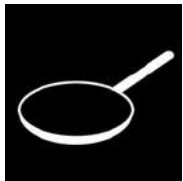
7



8



9



boodschappenlijst

4 pers.



aantal ingrediënten

500 gr  kabeljauwfilet

500 gr  aardappelen(bloemig)

1 kg  spinazie

1x  look

6x  eieren

1x  melk

1x  boter

1x  bloem

1x  paneermeel

boodschappenlijst

10 pers.



aantal ingrediënten

1 kg



kabeljauwfilet

1 kg



aardappelen(bloemig)

1,5 kg



spinazie

1x



look

6x



eieren

1x



melk

1x



boter

1x



bloem

1x



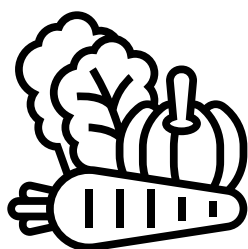
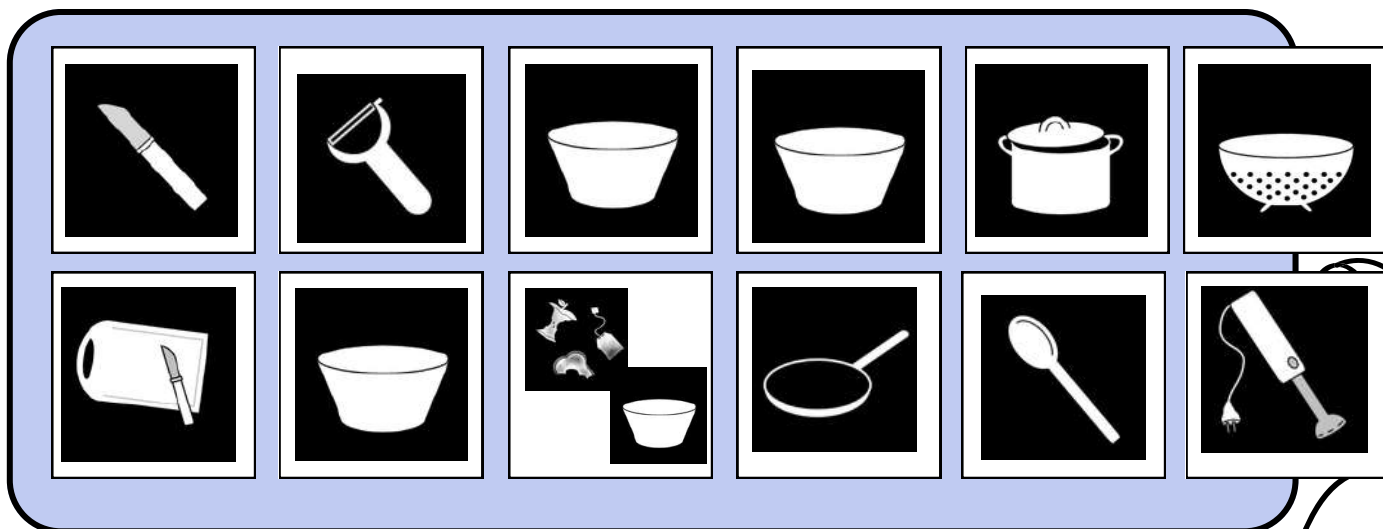
paneermeel



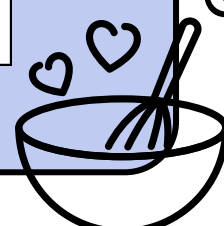
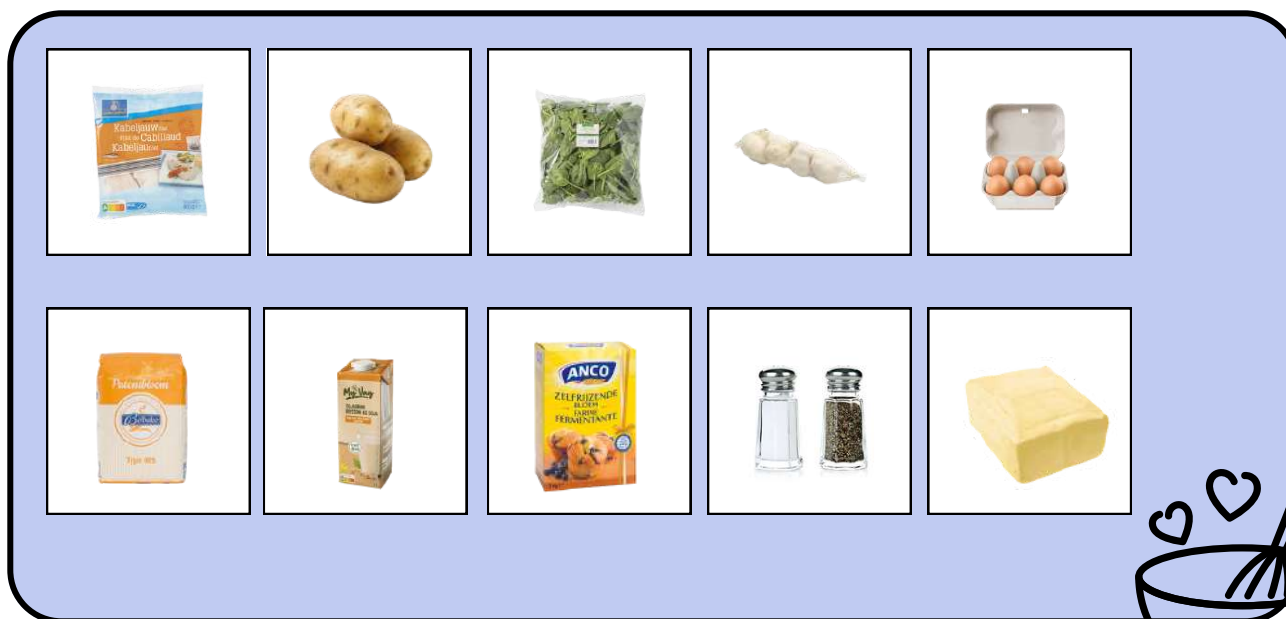
spinaziepuree met fish sticks



materiaal?



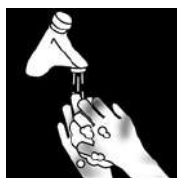
voeding?





spinaziepuree met fish sticks

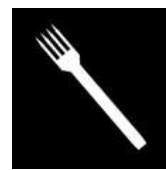
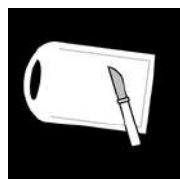
1



2

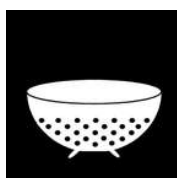


3

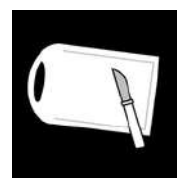


Tot je erin kan prikken

4



5



6

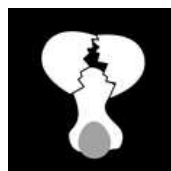


in blokjes



spinaziepuree met fish sticks

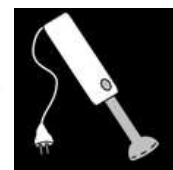
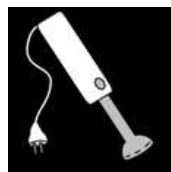
7



eigeel

eiwit

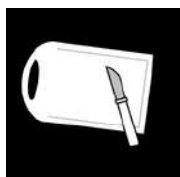
8



eigeel



9



reepjes



10



11



boodschappenlijst

4 pers.



aantal ingrediënten

500 gr



gehakt

2x



sjalot

1x



broccoli

1x



melk

1x



bloem

1x



paneermeel

1x



gerasptekaas

1x



boter

boodschappenlijst

10 pers.



aantal ingrediënten

1 kg



gehakt

3x



sjalot

3x



broccoli

1x



melk

1x



bloem

1x



paneermeel

2x



gerasptekaas

1x



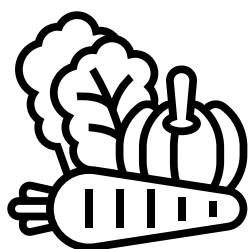
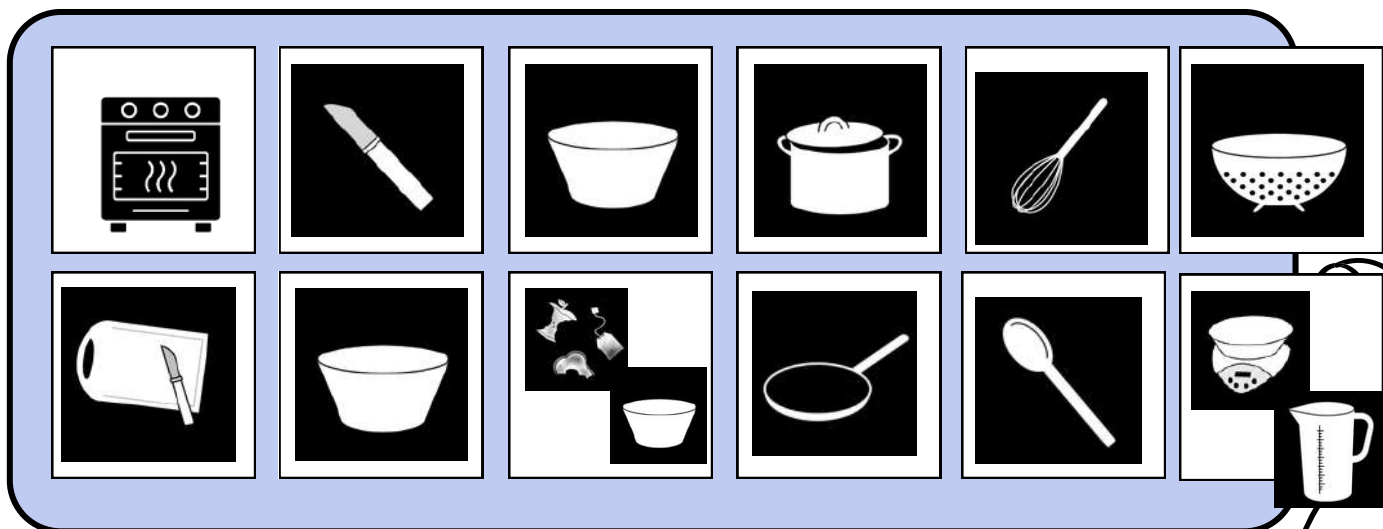
boter



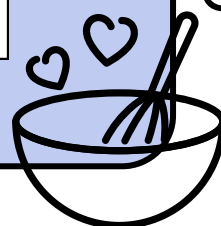
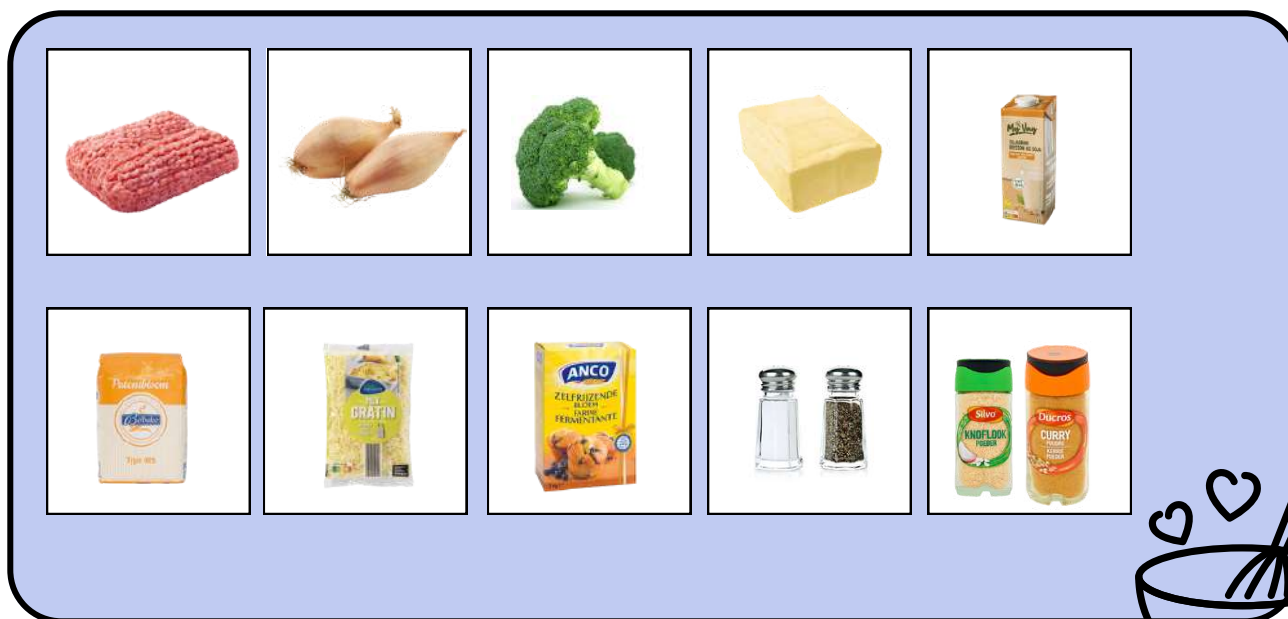
ovenshotel met broccoli



materiaal?



voeding?





ovenshotel met broccoli



1

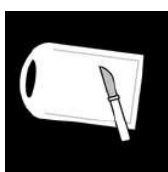


2



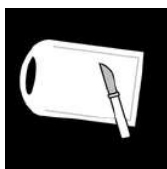
200 °C

3

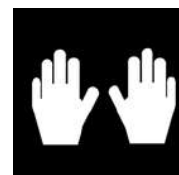


in roosjes

4

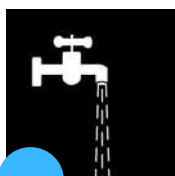


5



balletjes

6



Tot je erin kan prikken



in blokjes



ovenshotel met broccoli



7



8



30 g



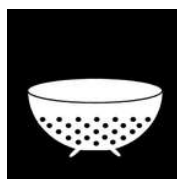
90 g



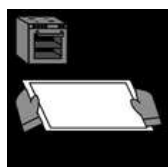
1500 ml



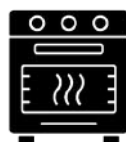
9



10



11



20 min.

boodschappenlijst



4 pers.

aantal ingrediënten

500 gr



gehakt

1 kg



appel

500 gr



aardappelen(bloemig)

2x



ui

1x



boter

1x



melk

1x



nootmuskaat

1x



suiker

boodschappenlijst



10 pers.

aantal ingrediënten

1 kg



gehakt

1,5 kg



appel

1 kg



aardappelen(bloemig)

4x



ui

1x



boter

1x



melk

1x



nootmuskaat

1x



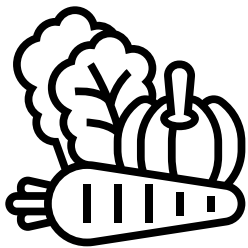
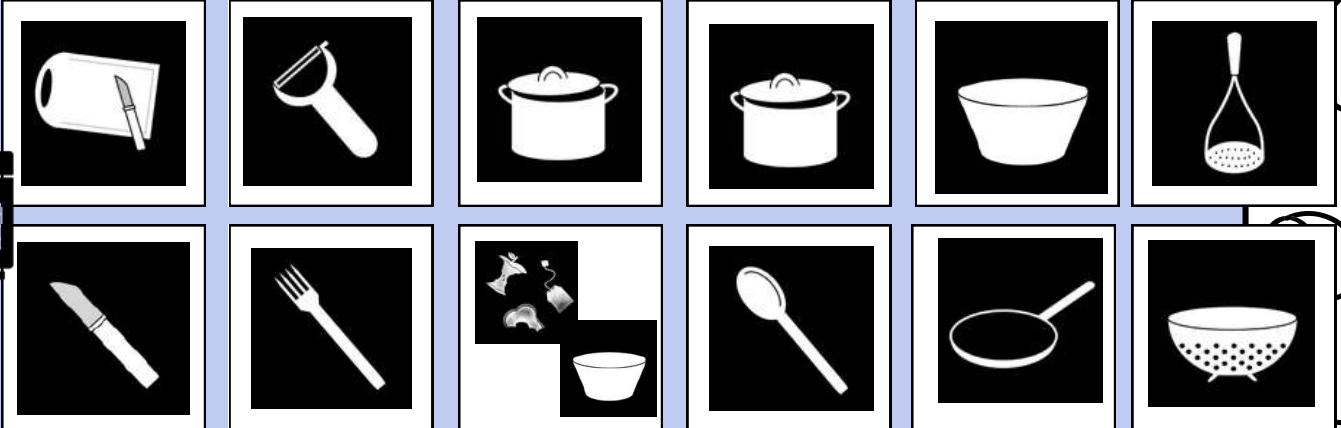
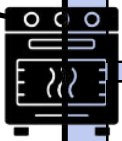
suiker



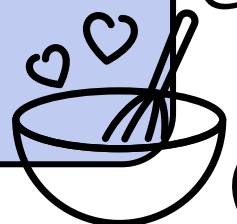
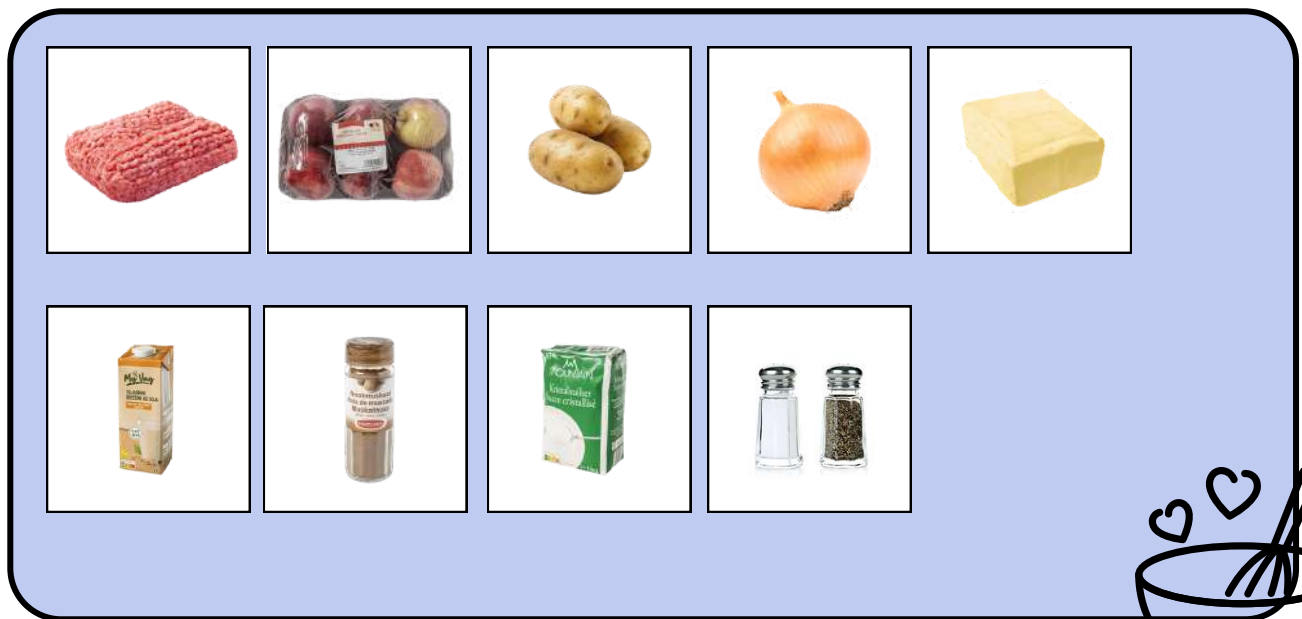
Hete bliksem



materiaal?



voeding?





Hete bliksem



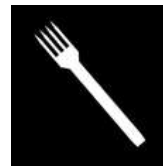
1



2

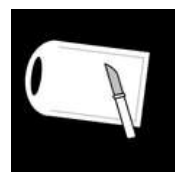


3



Tot je erin kan prikken

4



5



6



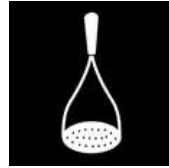
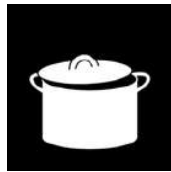
in blokjes



Hete bliksem



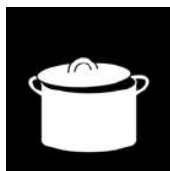
7



8



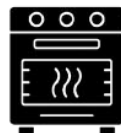
9



10 minuten

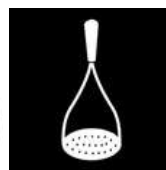
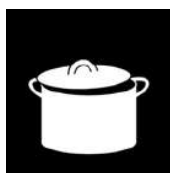


10

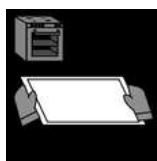


190 °C

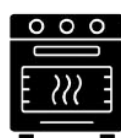
11



12



13



30 minuten

boodschappenlijst



4 pers.

aantal ingrediënten

1 kg



Zoete aardappelen

500 gr



gehakt

1x



sla

5x



tomaten

1x pak



cheddar kaas

1x zak



hamburgerbroodjes

1x



maïzena

1x



cocktailsaus

1x



Azijn

boodschappenlijst

10 pers.



aantal ingrediënten

1,5 kg



Zoete aardappelen

1 kg



gehakt

2x



sla

10x



tomaten

2x pak



cheddar kaas

2x zak



hamburgerbroodjes

1x



maïzena

1x



cocktailsaus

1x



Azijn

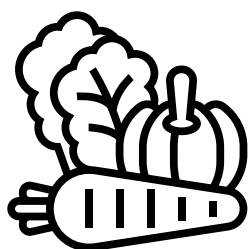
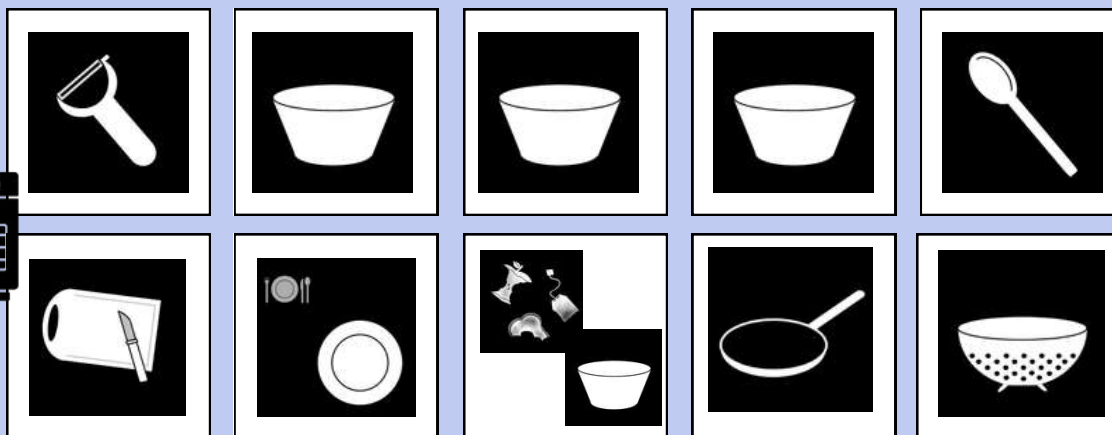


Hamburger met zoete aardappel frietjes

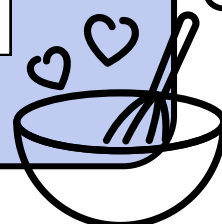
Juf Lize
Buttergewone juf



materiaal?



voeding?





Hamburger met zoete aardappel frietjes



1

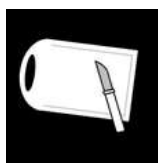


2



225 °C

3

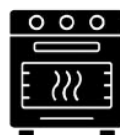
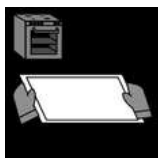


reepjes

4

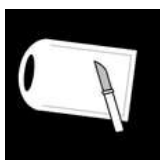


5



30 minuten

6



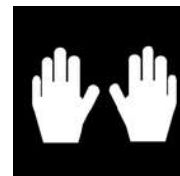
in schijfjes



Hamburger met zoete aardappel frietjes

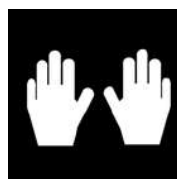
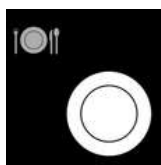


7



balletjes

8



=



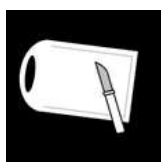
plat duwen

9

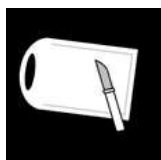


5 minuten

10



11



+



+



+



+



+



1

2

2

1



pasta



boodschappenlijst

4 pers.



aantal

ingrediënten

1x pak



spaghettislierten

500 gr



gehakt

1x



paneermeel

1x



sjalot

1x



courgette

3x



wortel

1x



paprika

1x



tomatenpuree

2x



tomatenblokjes

1x



geraspte kaas



boodschappenlijst

10 pers.



aantal

ingrediënten

2x  pak



spaghettislierten

1  kg



gehakt

1  x



paneermeel

2  x



sjalot

2  x



courgette

5  x



wortel

2  x



paprika

2  x



tomatenpuree

3  x



tomatenblokjes

2  x



geraspte kaas

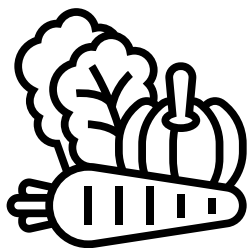




Spaghettit met gehaktballetjes



materiaal?



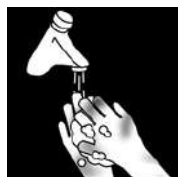
voeding?



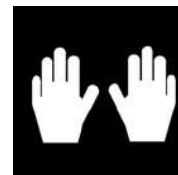


Spaghettit met gehaktballetjes

1



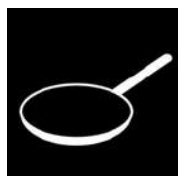
2



1

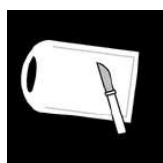
balletjes

3

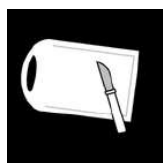


10 minuten

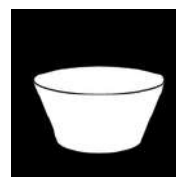
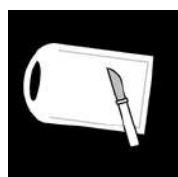
4



5



6



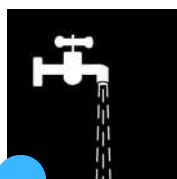
in blokjes





Spaghettit met gehaktballetjes

7



10 minuten



8



9



boodschappenlijst

4 pers.



aantal

ingrediënten

500 gr



gehakt

1x pak



geraspte kaas

1x



broccoli

1 kg



bloem

1x



boter

1x



melk

2x pak



macaroni



boodschappenlijst

10 pers.



aantal

ingrediënten

500 gr



gehakt

1x pak



geraspte kaas

2x



broccoli

1 kg



bloem

1x



boter

1x



melk

3x pak



macaroni

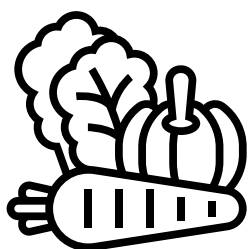
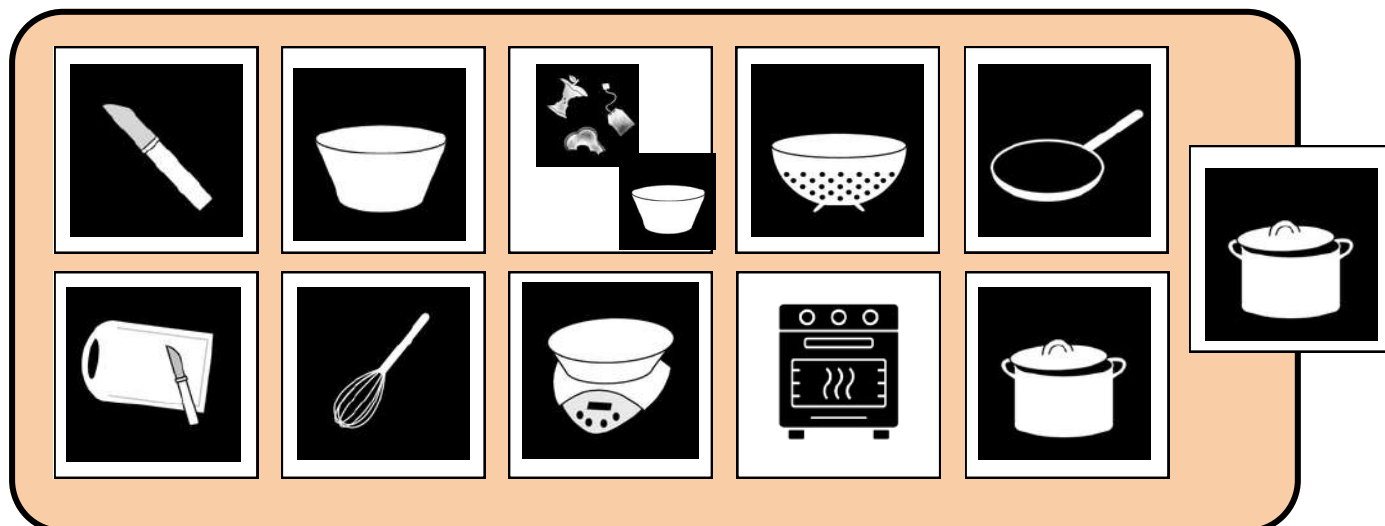




Macaroni met kaas, gehakt en broccoli



materiaal?



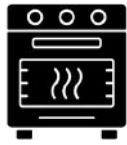
voeding?





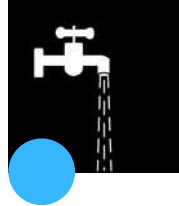
Macaroni met kaas, gehakt en broccoli

1



180 °C

2



8 minuten

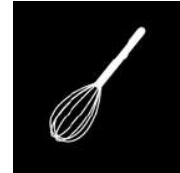
3



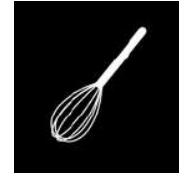
300 gr



300 gr



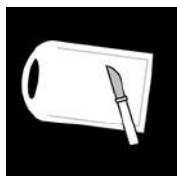
4



5



6



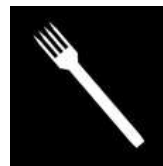
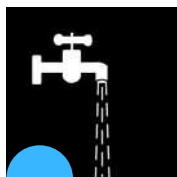
in roosjes





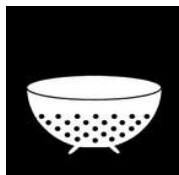
Macaroni met kaas, gehakt en broccoli

7

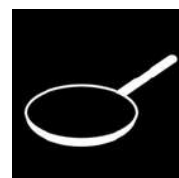


Tot je erin kan prikken

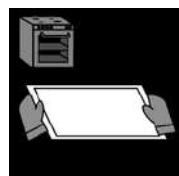
8



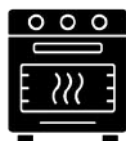
9



10



11



10 minuten

boodschappenlijst

4 pers.



aantal

ingrediënten

500 gr



kipfilet

2x



sjalot

1x pak



kerstomaten

1x zak



erwten

500 gr



penne

1x



boter

1x



melk

1x pak



geraspte kaas



boodschappenlijst

10 pers.



aantal

ingrediënten

1 kg



kipfilet

3x



sjalot

2x pak



kerstomaten

1x zak



erwten

1 kg



penne

1x



boter

1x



melk

2x pak



geraspte kaas

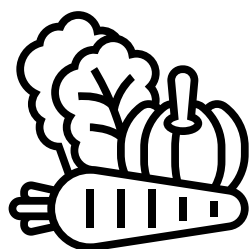
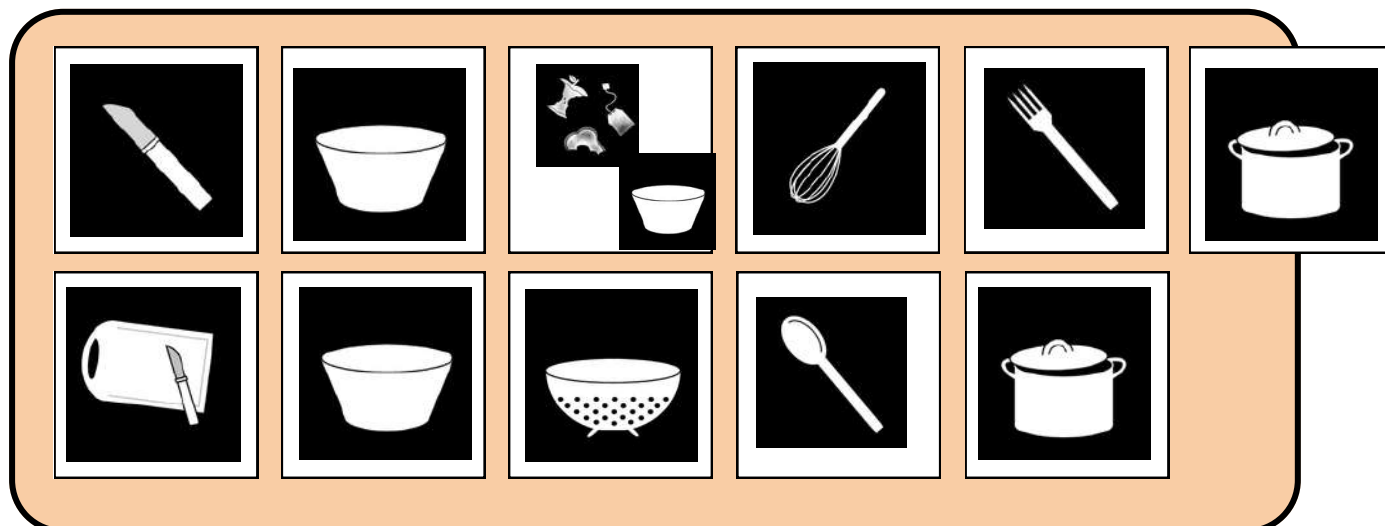




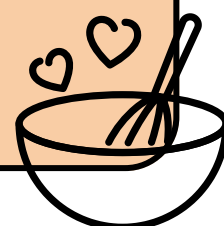
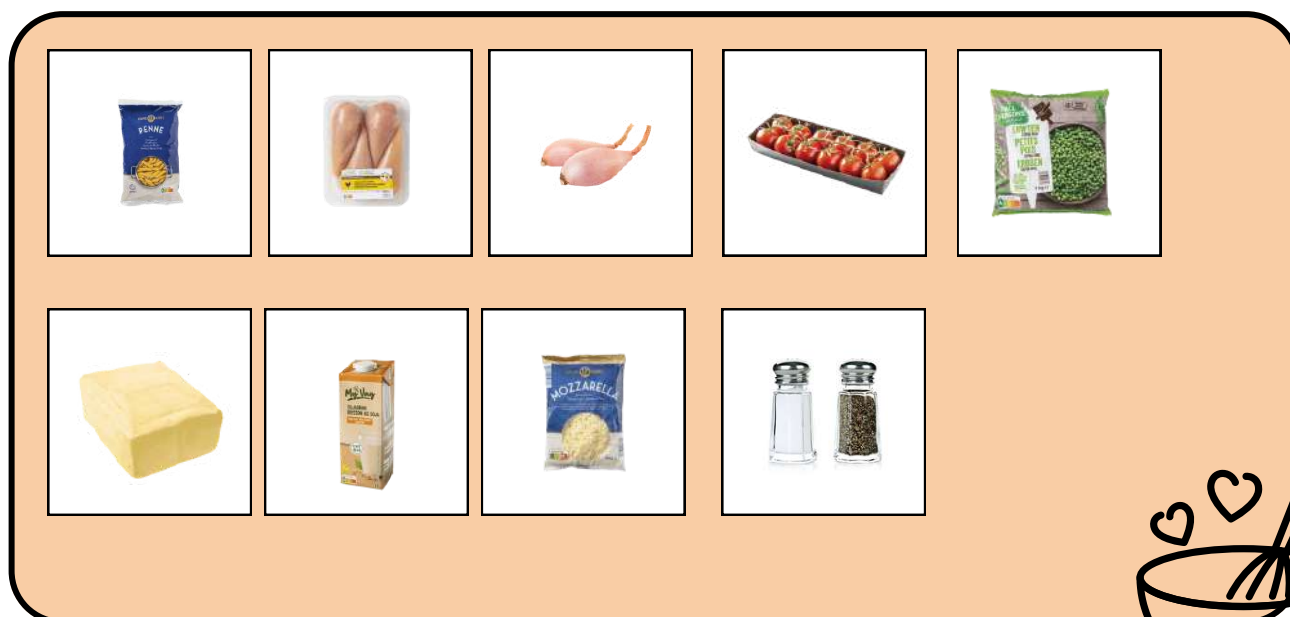
Penne met roomsaus, kip, kerstomaten en erwten



materiaal?



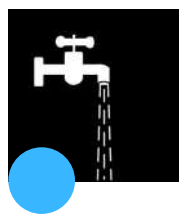
voeding?





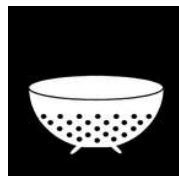
Penne met roomsaus, kip, kerstomaten en erwten

1

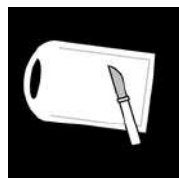


8 minuten

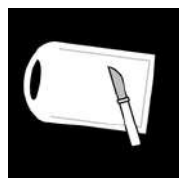
2



3



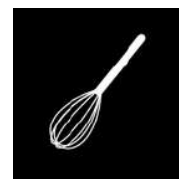
4



5



6



in blokjes





Penne met roomsaus, kip, kerstomaten en erwten



boodschappenlijst

4 pers.



aantal

ingrediënten

500 gr



kipfilet

1x



sjalot

1x pak



kerstomaten

1x zak



rucola

500 gr



penne

1x pak



pijnboompitten

1x



kookroom

1x potje



pesto



boodschappenlijst

10 pers.



aantal

ingrediënten

1 kg



kipfilet

2x



sjalot

2x pak



kerstomaten

1x zak



rucola

1 kg



penne

1x pak



pijnboompitten

2x



kookroom

1x potje



pesto

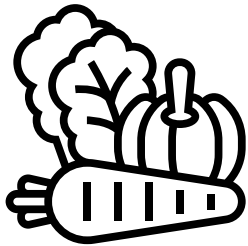
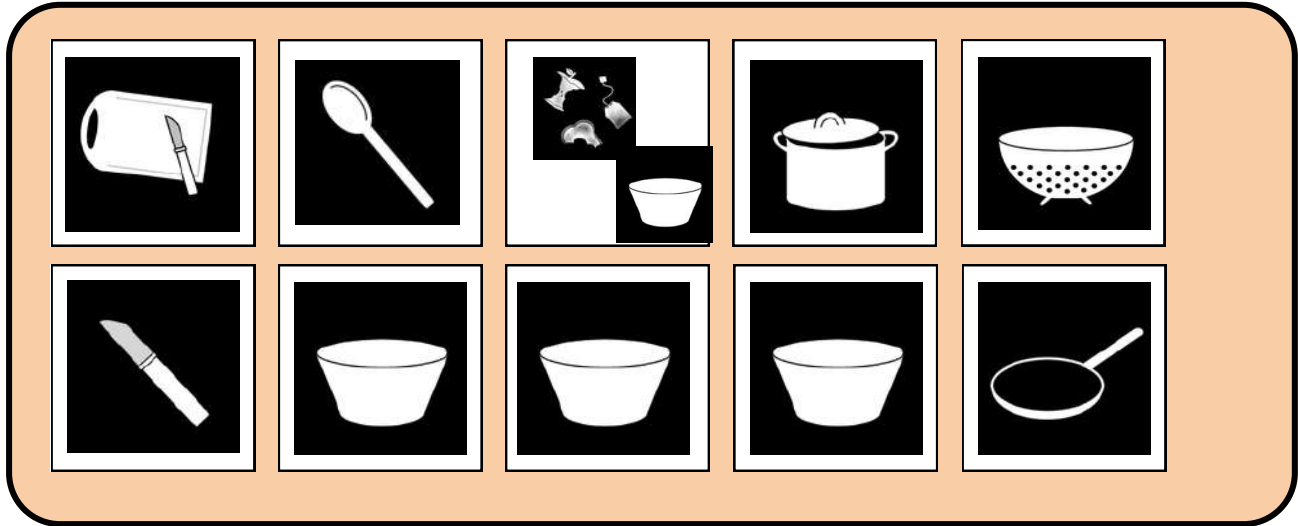




Pasta pesto met kip



materiaal?



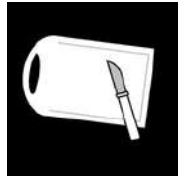
voeding?



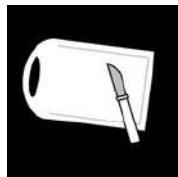


Pasta pesto met kip

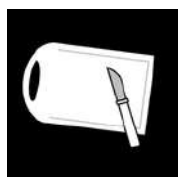
1



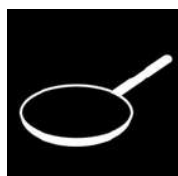
2



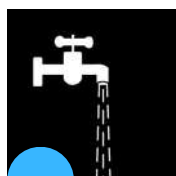
3



4

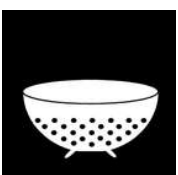


5



8 minuten

6



in blokjes



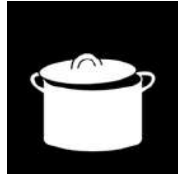
in de helft





Pasta pesto met kip

7



8



9



boodschappenlijst

4 pers.



aantal

ingrediënten

500 gr



kipfilet

1x



Chinese kool

2x



sjalot

2x



wortel

1x



prei

2x



paprika

1x



gember

1x pak



noodles

1x



sojasaus

1x pak



bruine suiker



boodschappenlijst

10 pers.



aantal

ingrediënten

1 kg



kipfilet

1x



Chinese kool

4x



sjalot

4x



wortel

2x



prei

4x



paprika

1x



gember

3x pak



noodles

1x



sojasaus

1x pak



bruine suiker

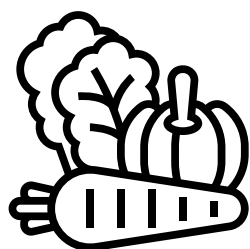
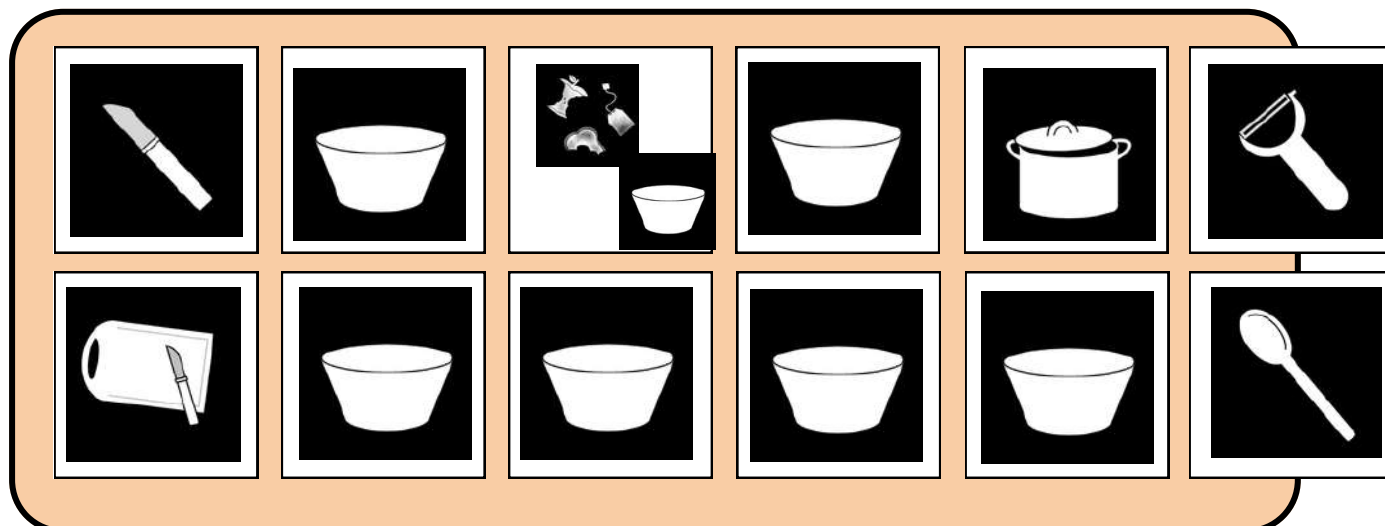




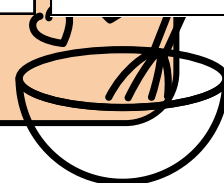
Wok met kip en noodles



materiaal?



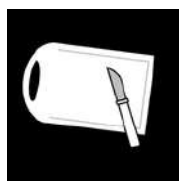
voeding?



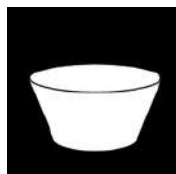
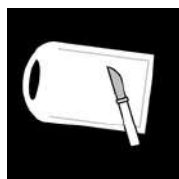


Wok met kip en noodles

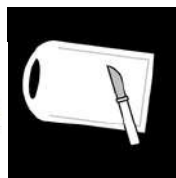
1



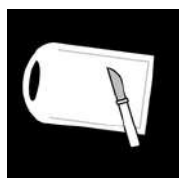
2



3



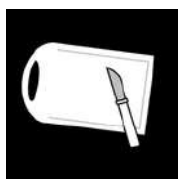
4



reepjes



5



6



in blokjes





Wok met kip en noodles

7



8



9



10



11



10 minuten



boodschappenlijst

4 pers.



aantal

ingrediënten

500 gr



kipfilet

1x



sjalot

4x



wortel

1x



broccoli

1x pak



rijst

1x



kokosmelk

1x



kerriekruiden



boodschappenlijst

10 pers.



aantal

ingrediënten

1 kg



kipfilet

2x



sjalot

6x



wortel

2x



broccoli

2x pak



rijst

2x



kokosmelk

1x



kerriekruiden

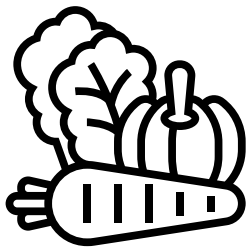
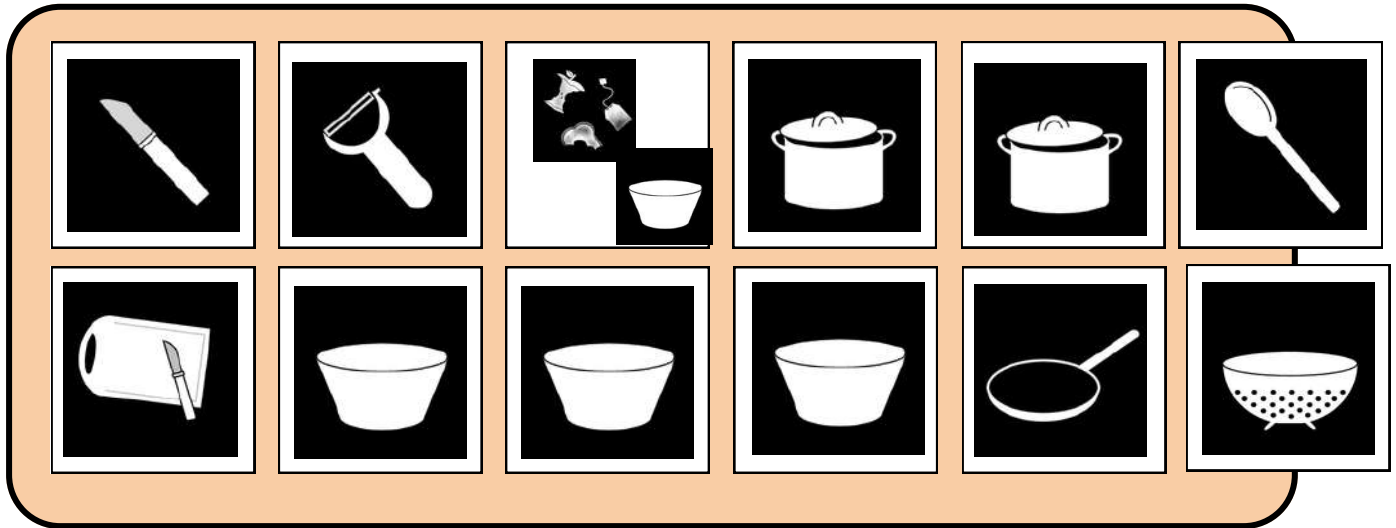




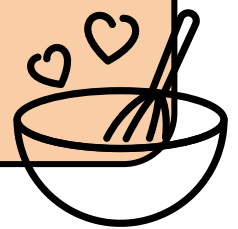
Rijst met groenten, kip en curry



materiaal?



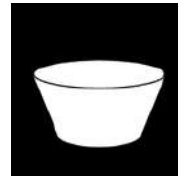
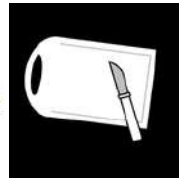
voeding?





Rijst met groenten, kip en curry

1

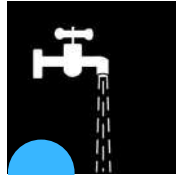


2



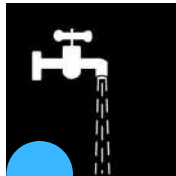
in roosjes

3



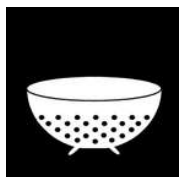
5 minuten

4

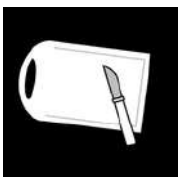


10 minuten

5



6



in schijfjes



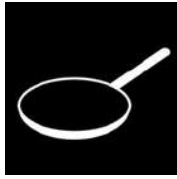
in blokjes





Rijst met groenten, kip en curry

7



10 minuten



8



9



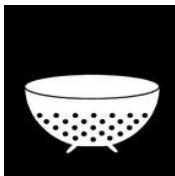
5 minuten

10



5 minuten

11





boodschappenlijst

4 pers.



aantal	ingrediënten
500 gr	 tomaten
1x	 wortel
1x	 prei
1x	 ui
1x	 aardappel
1x	 tomatenpuree
1x	 bouillonblokjes(kip)



boodschappenlijst

10 pers.



aantal

ingrediënten

1 kg



tomaten

3x



wortel

2x



prei

2x



ui

3x



aardappel

1x



tomatenpuree

1x



bouillonblokjes(kip)

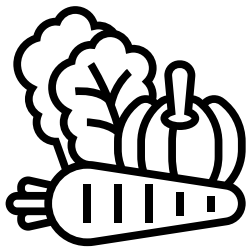




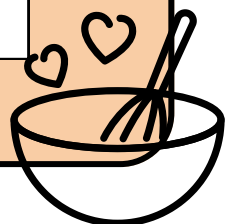
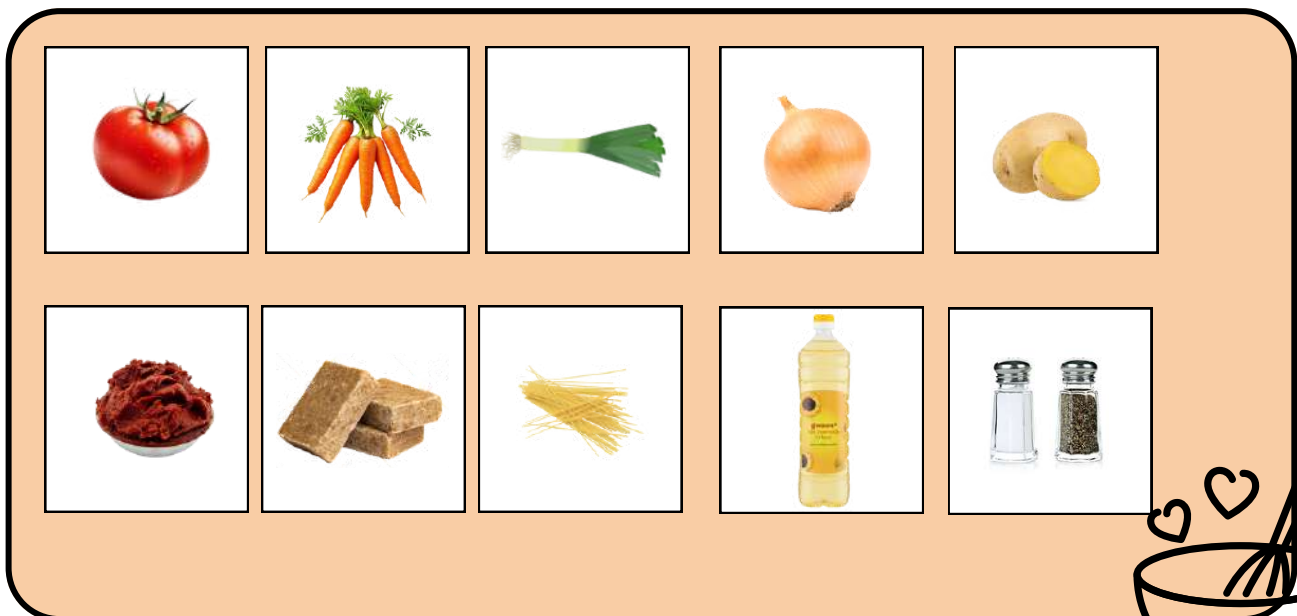
Tomatensoep



materiaal?



voeding?





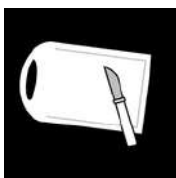
Tomatensoep



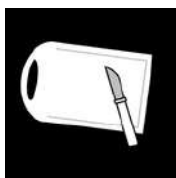
1



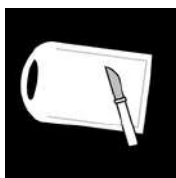
2



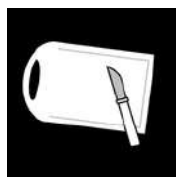
3



4



5



6



in schijfjes



in blokjes



Tomatensoep



7



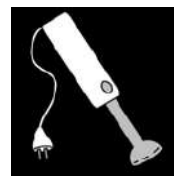
8



1l

15 min.

9



10



5 min.

11



boodschappenlijst

4 pers.



aantal

ingrediënten

2x



sjalot

1 kg



wortel

3x



aardappel

1x



bouillon(groenten)

250 gr



gehakt

1x pak



kip

1x



confituur

1x



brood



boodschappenlijst

10 pers.



aantal

ingrediënten

5x



sjalot

2 kg



wortel

5x



aardappel

1x



bouillon(groenten)

500 gr



gehakt

2x pak



kip

1x



confituur

1x



brood

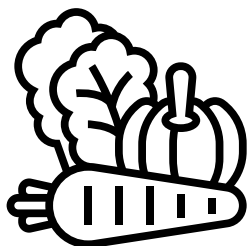




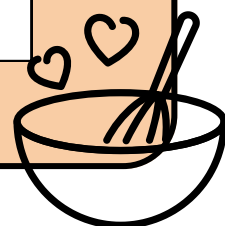
Wortelsoep



materiaal?



voeding?





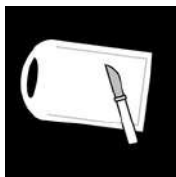
Wortelsoep



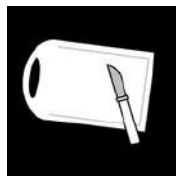
1



2



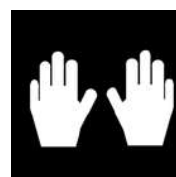
3



4



5



balletjes

6



in blokjes



Wortelsoep



7



+



8



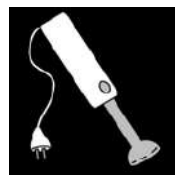
+



1l

15 min.

9



10



+



5 min.



in schijfjes



in blokjes

boodschappenlijst

4 pers.



aantal

ingrediënten



courgette



ui



aardappel



bouillon(groenten)



kokosmelk



kerriekruiden



boodschappenlijst

10 pers.



aantal

ingrediënten



courgette



ui



aardappel



bouillon(groenten)



kokosmelk



kerriekruiden

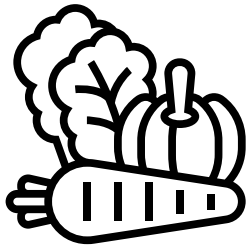




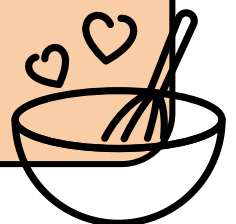
Romige courgettesoep



materiaal?



voeding?





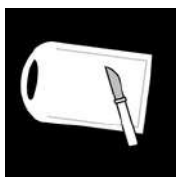
Courgettesoep



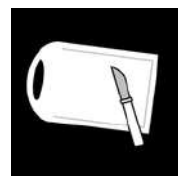
1



2



3



4



5



+



5 min.

6



+



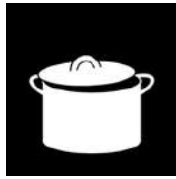
in blokjes



Courgettesoep



7



+



1l

15 min.

8

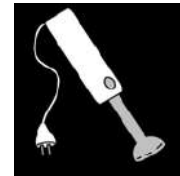


+



2 min.

9



boodschappenlijst

4 pers.



aantal

ingrediënten

1 kg



pompoen

1x



ui

2x



appel

1x



bouillon(groenten)

1x



kerriekruiden

1x



koriander



boodschappenlijst

10 pers.



aantal

ingrediënten

1 kg



pompoen

2x



ui

4x



appel

1x



bouillon(groenten)

1x



kerriekruiden

1x



koriander

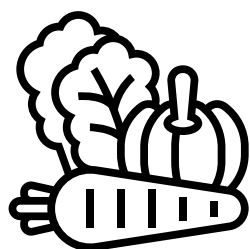
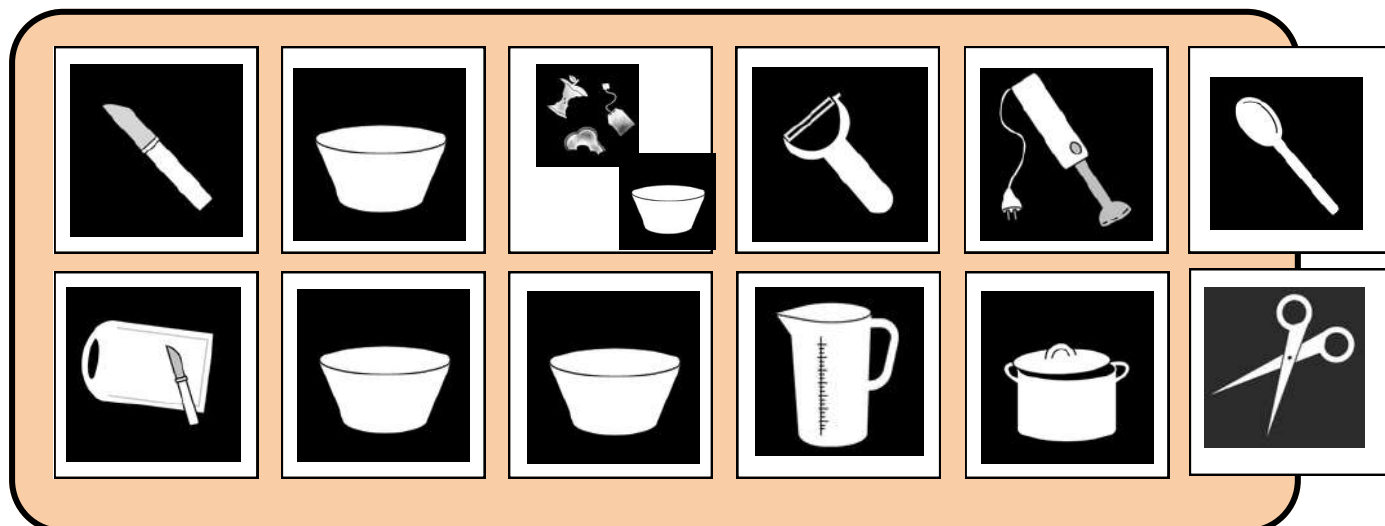




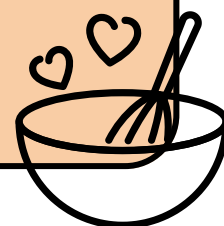
Pompoensoep met appelstukjes



materiaal?



voeding?





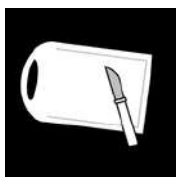
Pompoensoep



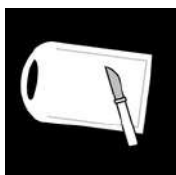
1



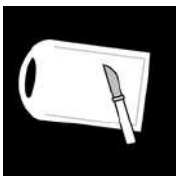
2



3



4



5



6



+



in blokjes



Pompoensoep



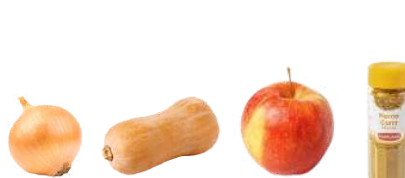
7



8



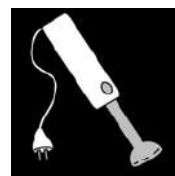
9



1 l

20 min.

10



11



boodschappenlijst

4 pers.



aantal

ingrediënten



knolselder



ui



prei



bouillon(groenten)



erwten



kookroom



spelreepjes



boodschappenlijst

10 pers.



aantal

ingrediënten



knolselder



ui



prei



bouillon(groenten)



erwten



kookroom



spelreepjes

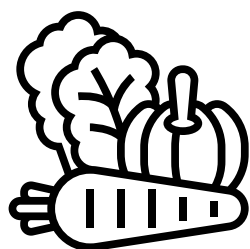
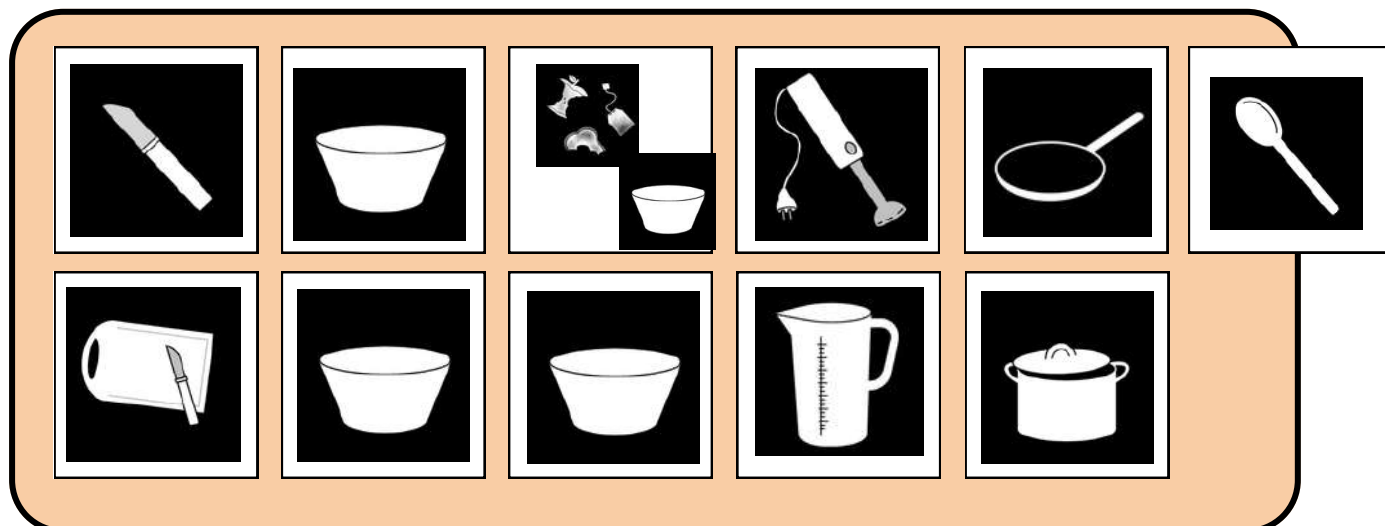




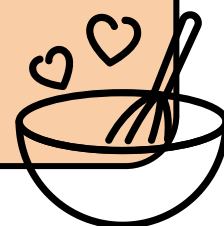
Erwtensoep met spekjes



materiaal?



voeding?





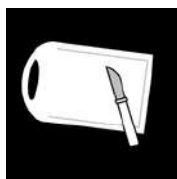
Erwtensoep



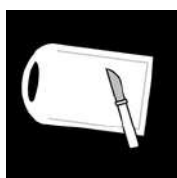
1



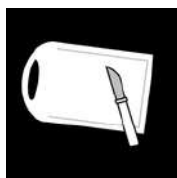
2



3



4



5



6



+



in schijfjes



in blokjes



Erwtensoep



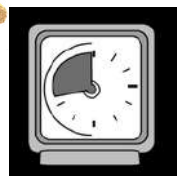
7



+



1 l



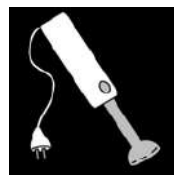
20 min.

8



5 min.

9



10



+



boodschappenlijst

4 pers.



aantal

ingrediënten

500 gr



broccoli

1x



ui

1x



kookroom

1x



bouillon(kip)

1x pak



parmezaan

1x



basilicum



boodschappenlijst

10 pers.



aantal

ingrediënten

1 kg



broccoli

2x



ui

1x



kookroom

1x



bouillon(kip)

1x pak



parmezaan

1x



basilicum

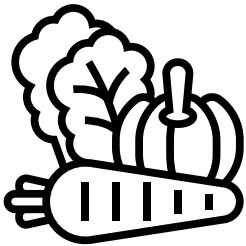
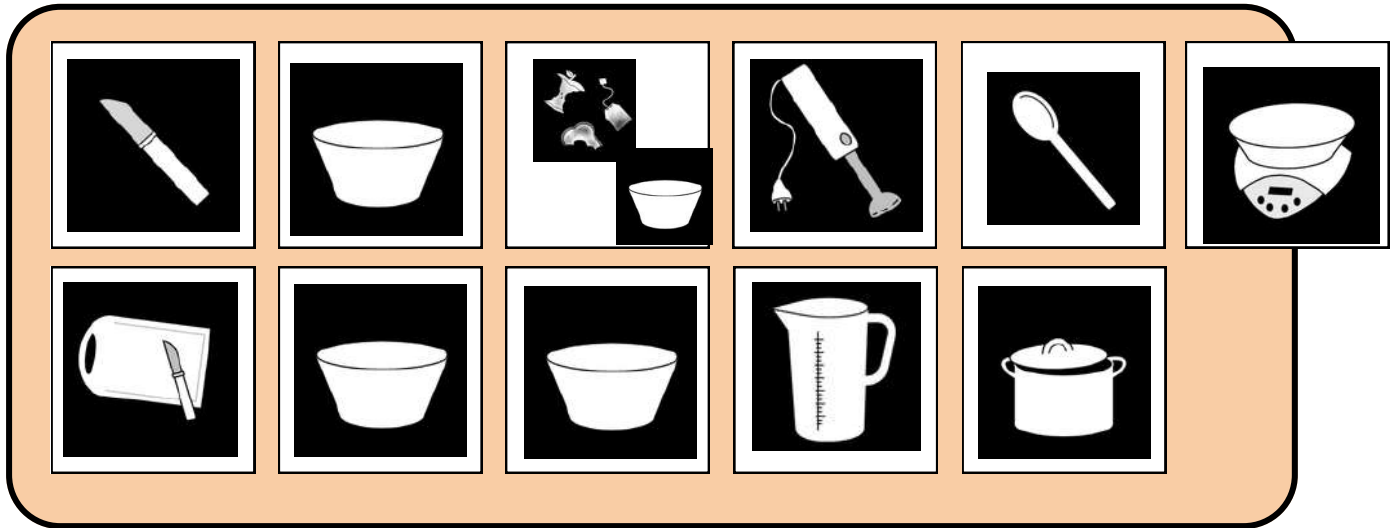




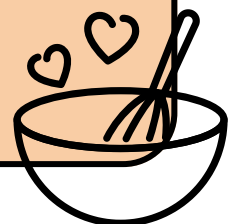
Broccolisoeep met kaas



materiaal?



voeding?





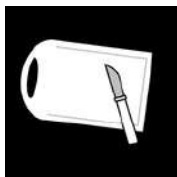
Broccolisoe



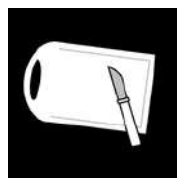
1



2



3



in roosje

4



5



+



6



+



1 l

20 min.



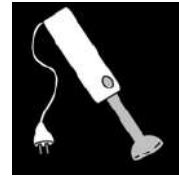
in blokjes



Broccolisoe



7



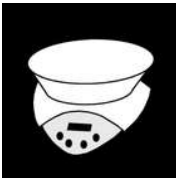
8



+

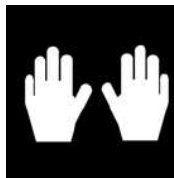


9



50 gr

10



boodschappenlijst

4 pers.



aantal

ingrediënten



paprika



ui

1x potje



pesto



bouillon(groenten)



tomatenpuree



boodschappenlijst

10 pers.



aantal

ingrediënten



paprika



ui

1x potje



pesto



bouillon(groenten)



tomatenpuree

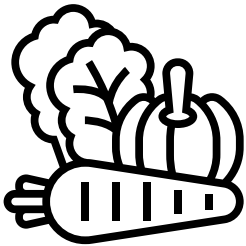




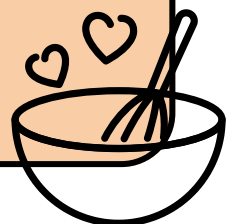
Paprika-pesto soep



materiaal?



voeding?





Paprikasoepp



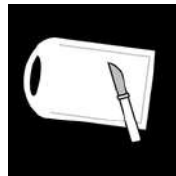
1



2



3



4



5



+



6



+



in blokjes



Paprikasoepp



7



+



1 l



20 min.

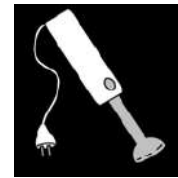
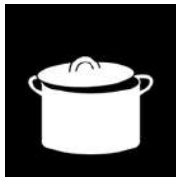
8

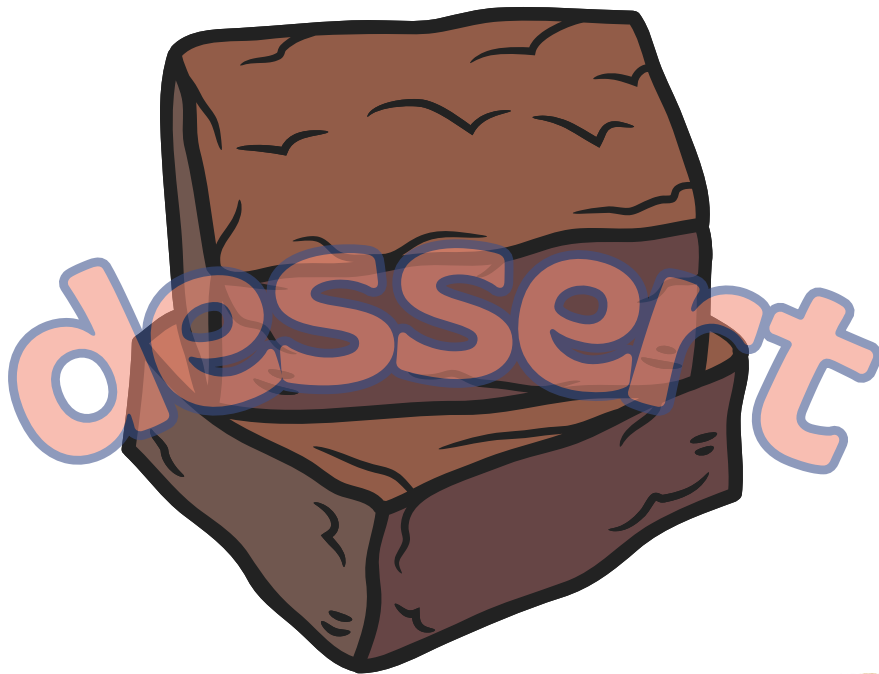


+



9





boodschappenlijst

4 pers.



aantal

ingrediënten

1x pak



petit-beurrekoekjes

300 gr



ongezouten boter

250 gr



bloemsuiker

6x



ei

1x



hagelslag

1x



melk

1x



cacaopoeder



boodschappenlijst

10 pers.



aantal

ingrediënten

2x pak



petit-beurrekoekjes

1 kg



ongezouten boter

1 kg



bloemsuiker

6x



ei

1x



hagelslag

1x



melk

1x

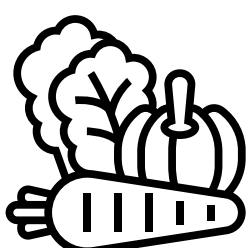


cacaopoeder





koekjestaart



voeding?





koekjestaart



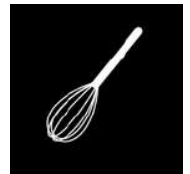
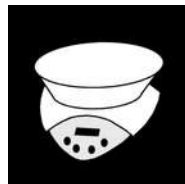
1



2

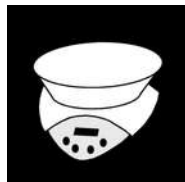
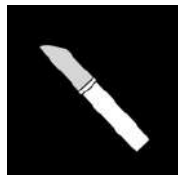


3



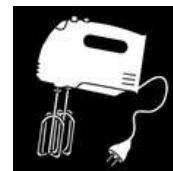
250 gr 2

4



300 gr

5



6



+





koekjestaart



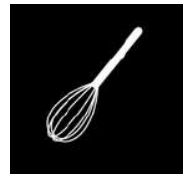
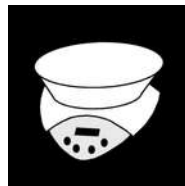
1



2



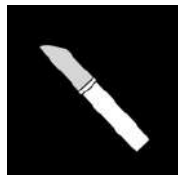
3



750 g

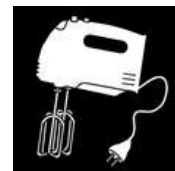
6

4



900 g

5



6



+



boodschappenlijst

4 pers.



aantal

ingrediënten



appel



suiker



vanillesuiker



zelfrijzende bloem



melk



boter





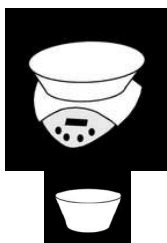
Appeltaart



1



2



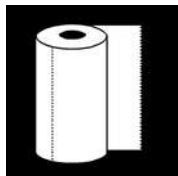
125 gr



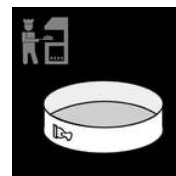
2 zakjes 1



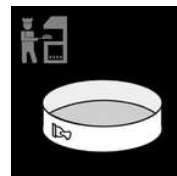
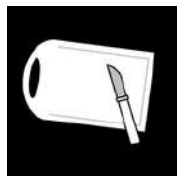
3



4



5



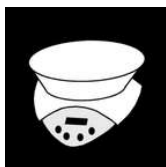
in schijfjes



Appeltaart



6



80 gr



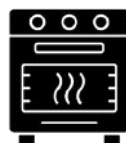
7



+



8

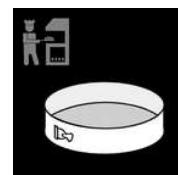


200°C

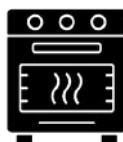
9



1



10



25 minuten

boodschappenlijst

10 pers.



aantal

ingrediënten

6x



appel

1 kg



suiker

1x



vanillesuiker

1 kg



zelfrijzende bloem

1x



melk

1x

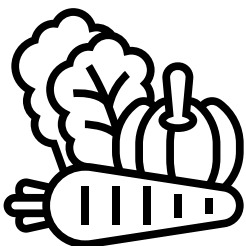


boter





Appeltaart



voeding?





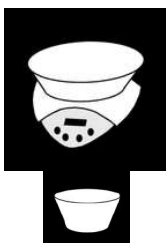
Appeltaart



1



2



375 gr



120 gr



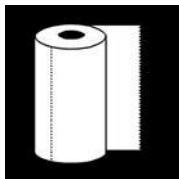
6 zakjes



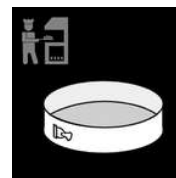
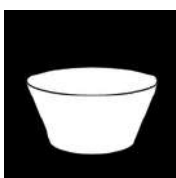
3



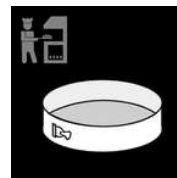
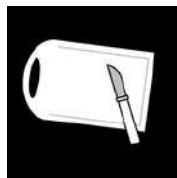
3



4



5



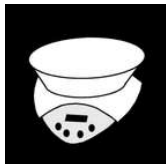
in schijfjes



Appeltaart



6



240 gr



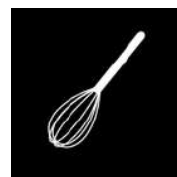
7



+



60 gr



8

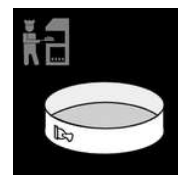


200°C

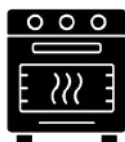
9



3



10



25 minuten

boodschappenlijst

4 pers.



aantal

ingrediënten



roomboter



suiker



vanillesuiker



ei



bakmeel



melk



boodschappenlijst

10 pers.



aantal

ingrediënten

1x



roomboter

1 kg



suiker

1x



vanillesuiker

6x



ei

1 kg



bakmeel

1x

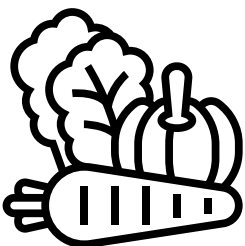
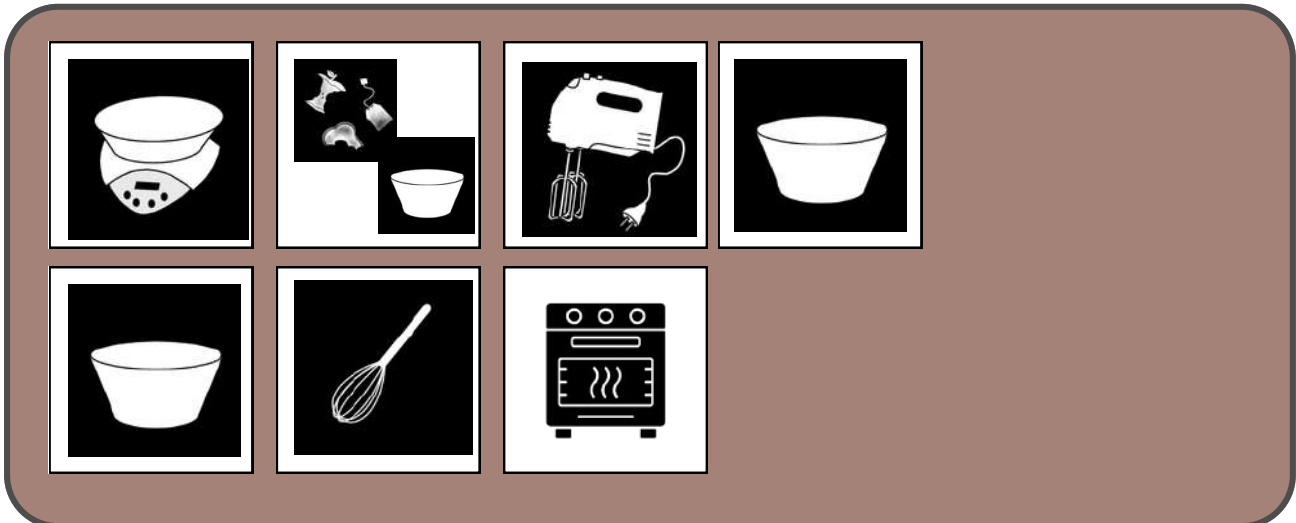


melk





cupcakes



voeding?





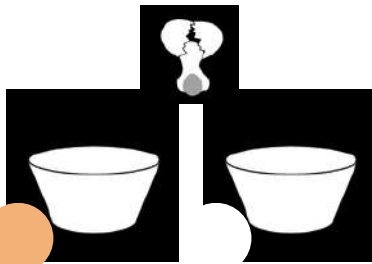
cupcakes



1

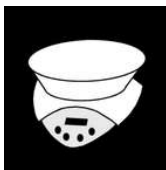


2



2 eigeel 2 eiwit

3



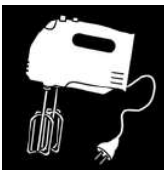
2 eigeel



125 gr



1 zakje



4

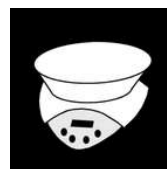


180 °c

5



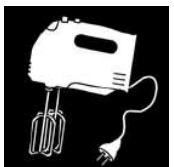
+



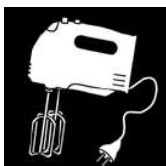
125 gr



125 gr



6



+



2 eiwit



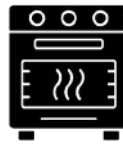
cupcakes



7



8



20 min.

boodschappenlijst

4 pers.



aantal

ingrediënten

1 kg



bloem

1 kg



suiker

1x



vanillesuiker

6x



ei

1x



boter



boodschappenlijst

10 pers.



aantal

ingrediënten



bloem



suiker



vanillesuiker



ei

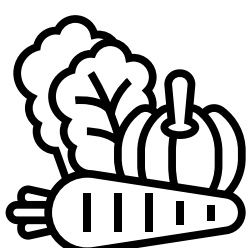


boter





Zandkoekjes



voeding?





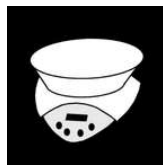
Zandkoekjes



1



2



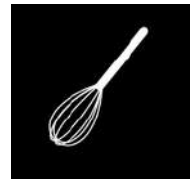
200 gr



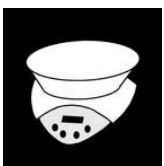
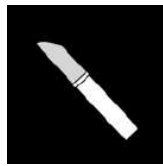
75 gr



1



3



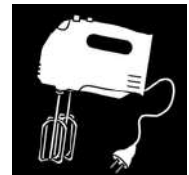
125 gr



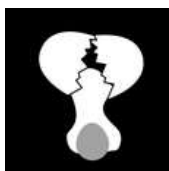
4



+



5



1



eigeel



eiwit

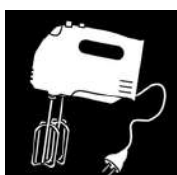
6



+



eigeel





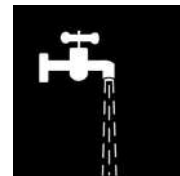
Zandkoekjes



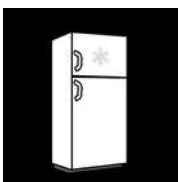
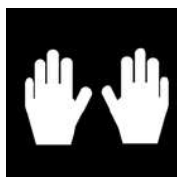
7



+

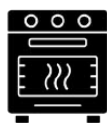


8



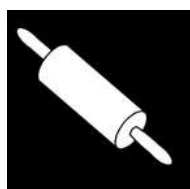
30 min.

9



185°

10



11



15 min.

boodschappenlijst

4 pers.



aantal

ingrediënten

1 kg



suiker

1 kg



bloem

1x



vanillesuiker

6x



eieren

1x



melk

1x



cacaopoeder

1x



boter



boodschappenlijst

10 pers.



aantal

ingrediënten

1 kg



suiker

1 kg



bloem

1x



vanillesuiker

6x



eieren

1x



melk

1x



cacaopoeder

1x

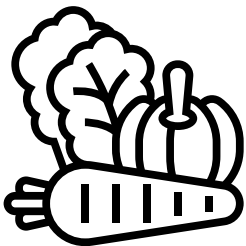


boter





marmercake



voeding?





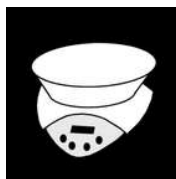
Marmercake



1



2



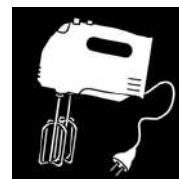
350 gr



350 gr



4



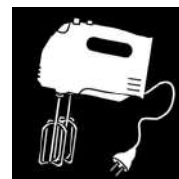
3



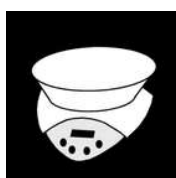
+



6



4

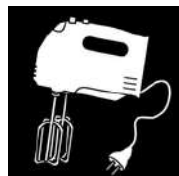


500 gr

5



+



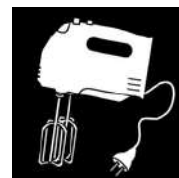
6



+



4





Marmercake



7



deeg



deeg

8



deeg

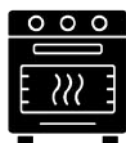
+



4

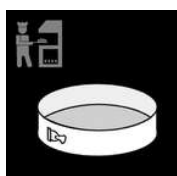


9



180 °C

10



11

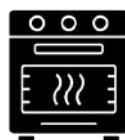


deeg

12



deeg



60 minuten

boodschappenlijst

4 pers.



aantal

ingrediënten

1 kg



suiker

1 kg



Zelfrijzende bloem

1x



vanillesuiker

6x



eieren

1x



melk

1x



boter

1x



bruismwater



boodschappenlijst

10 pers.



aantal

ingrediënten

1 kg



suiker

1 kg



Zelfrijzende bloem

1x



vanillesuiker

6x



eieren

1x



melk

1x



boter

1x

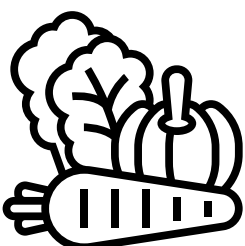


bruiswater





wafels



voeding?





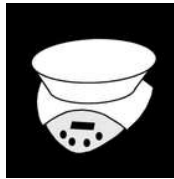
Wafels



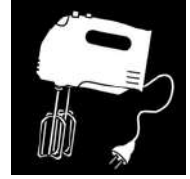
1



2



4

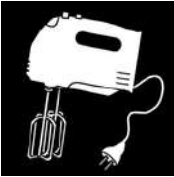
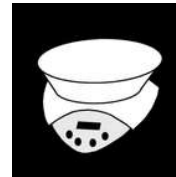


4 zakjes

3



+

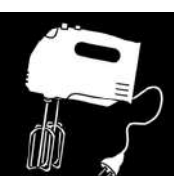
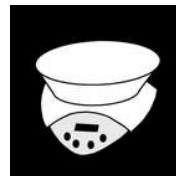


375 gr

4



+



225 gr

5



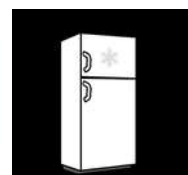
+



4 dl

4 dl

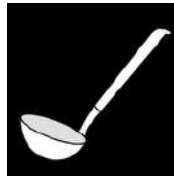
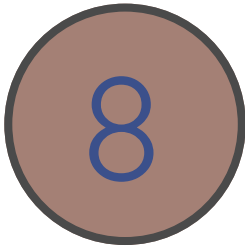
6



60 minuten



Wafels



deeg

boodschappenlijst

4 pers.



aantal

ingrediënten

1 zakje



MNM's

1 kg



Kandijnsuiker

1x zakje



bakpoeder

6x



eieren

1 kg



suiker

1x



boter

1 kg



bloem

1x



vanillesuiker



boodschappenlijst

10 pers.



aantal

ingrediënten

1 zakje



MNM's

1 kg



Kandijnsuiker

1x zakje



bakpoeder

6x



eieren

1 kg



suiker

1x



boter

1 kg



bloem

1x

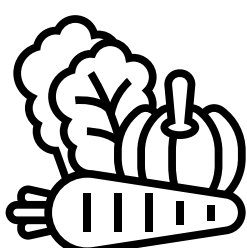


vanillesuiker





American cookies



voeding?





American cookies

1

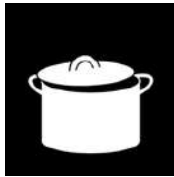


2



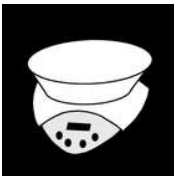
180 °C

3



100 gr

4

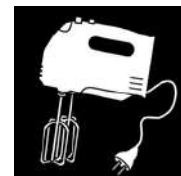


50 gr



100 gr

5



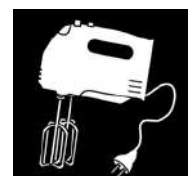
6



+



1



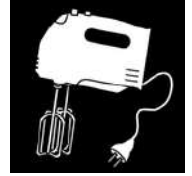


American cookies

7



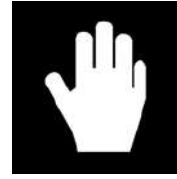
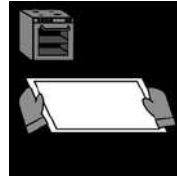
175 gr



8



9



Deeg

Duwen

10



10 minuten

boodschappenlijst

4 pers.



aantal

ingrediënten

1 kg



zelfrijzend bloem

6x



eieren

1x zakje



vanillesuiker

1x



melk



boodschappenlijst

10 pers.



aantal

ingrediënten

1 kg



zelfrijzend bloem

6x



eieren

1x zakje



vanillesuiker

1x

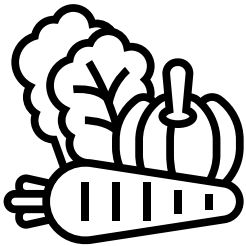


melk





Pannenkoeken



voeding?





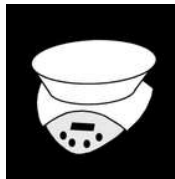
Pannenkoeken



1



2

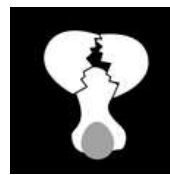


250 gr 1 zakje

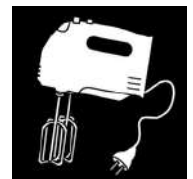
3



+



3



4



500 ml

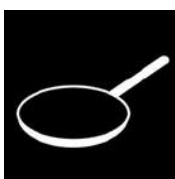
5



+



6



deeg

boodschappenlijst

4 pers.



aantal

ingrediënten

1x zak



frambozen

1x



limoen

1x bakje



aardbeien

1 kg



suiker

1 l



bruiswater



boodschappenlijst

10 pers.



aantal

ingrediënten

1x zak



frambozen

3x



limoen

1x bakje



aardbeien

1 kg



suiker

2 l



bruiswater

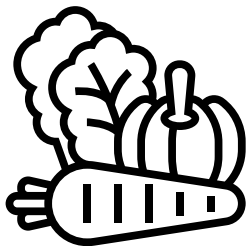
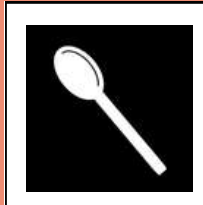
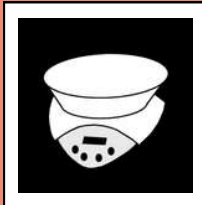
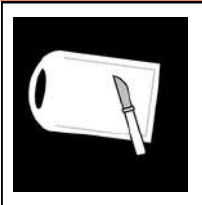
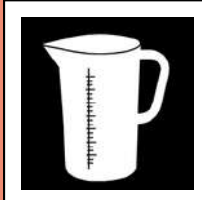
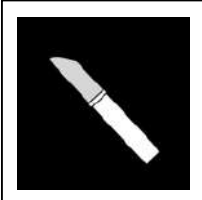




heksenbloed



materiaal?



voeding?





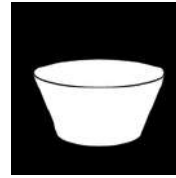
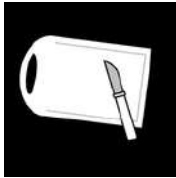
heksenbloed



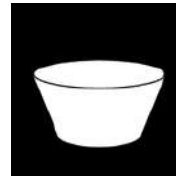
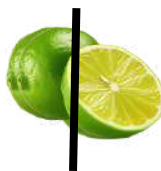
1



2



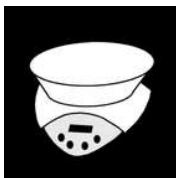
3



4



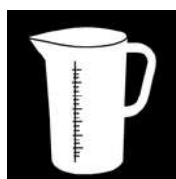
5



300 g



6



4

