



# Cooking for One (Quick & Easy (Silverback))

*Christina Kempe*

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## **Cooking for One (Quick & Easy (Silverback))** Christina Kempe

How do you make delicious, one-person meals? It is often difficult to purchase food for one person at the grocery store, but this cookbook promises to give you delicious recipes that you will enjoy and can make anytime. From breakfasts and snacks to lunches and desserts, this cookbook will leave you feeling pampered, not frustrated, when cooking at home. You'll also find tips on meal planning, a guide to ingredients, and a list of essential foods to always keep on hand in your kitchen.

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