

ALLISON & RACHEL INC.

Cookbook




Cooking Cart Cweens

A cookbook for college students with special AR features

How to use the Augmented Reality:

STEP 1: Download the Artivive App from the App Store

STEP 2: When you see the Artivive  symbol use your camera in the app to scan the picture

STEP 3: Have your sound on, hold your camera horizontally and enjoy the hidden features of this cookbook!



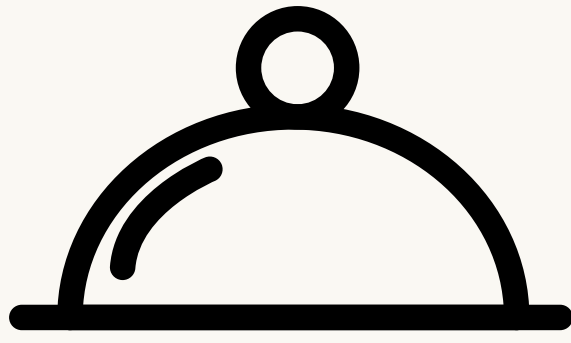
Download Artivive here from the App Store!



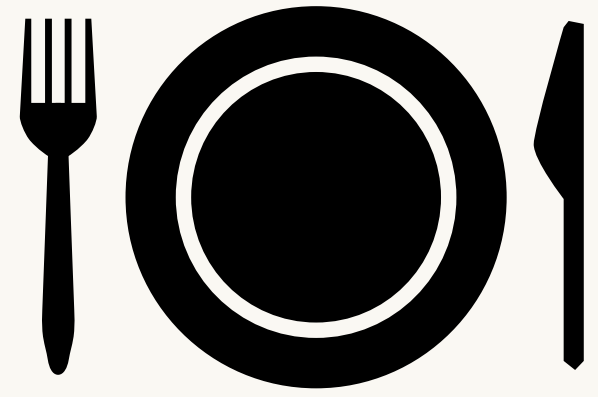
BREAKFAST



Cook Time: 5 minutes



Dietary:
Vegetarian & nut free



Serves: 1 Person

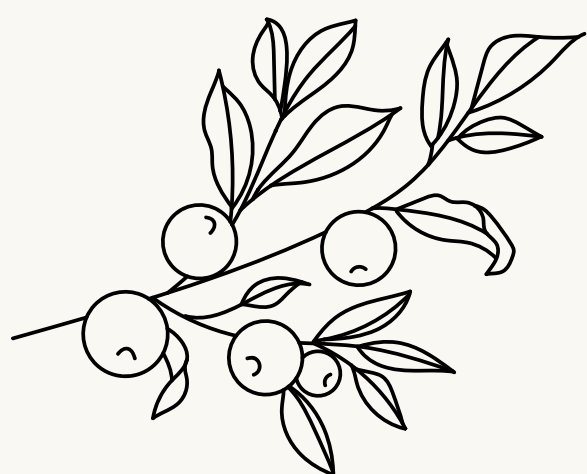


Super Smoothie



Ingredients

- 1/2 cup Almond Milk
- Handful of spinach
- 1/4 cup berries
- 1/2 banana
- Two scoops of protein



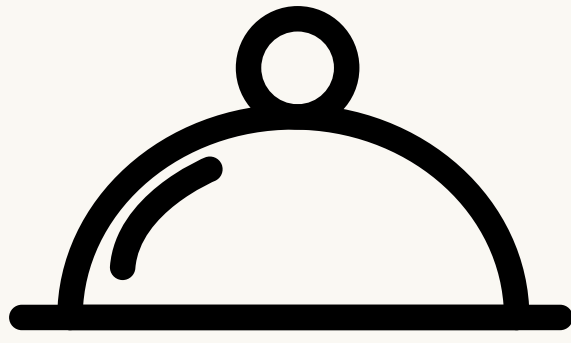
Instructions

1. Collect ingredients
2. Put all ingredients into a blender or bullet
3. Blend all together
- 4 Drink and Enjoy!

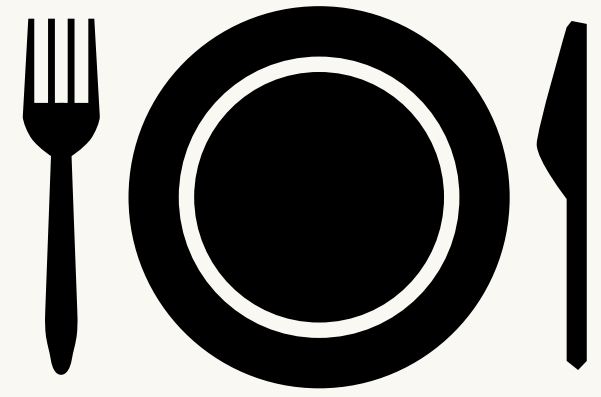
LUNCH



Cook Time: 5 minutes



Dietary:
Vegetarian & nut free



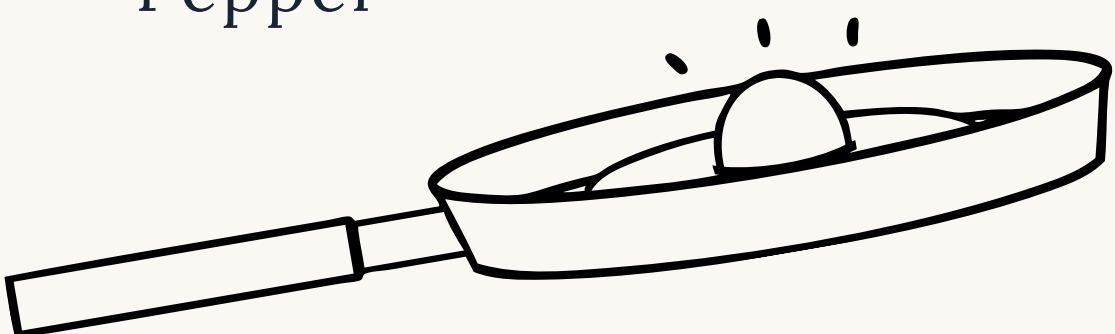
Serves: 1 Person



Spinach and Egg Wrap A

Ingredients

- Two eggs
- Handful of spinach
- Chunk of feta cheese
- One wrap
- Two slices of turkey (optional)
- Salt
- Pepper



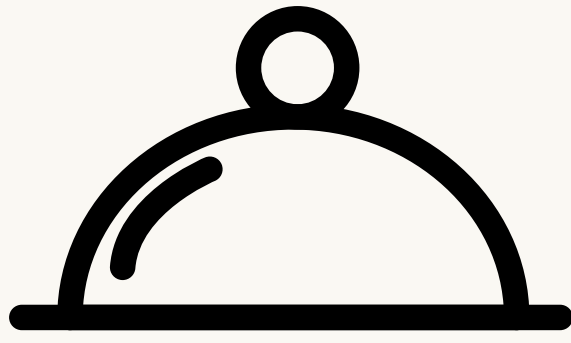
Instructions

1. Crack your two eggs in the blender
2. Add your spinach, salt and pepper
3. Blend all together
4. Pour egg mix into heated frying pan
5. Crumble your feta and sprinkle around in your pan
6. Cook eggs in an omelet egg style
7. Place your eggs on a wrap and add turkey slices (optional)
8. Tightly fold everything together to create the wrap
9. Eat and Enjoy!

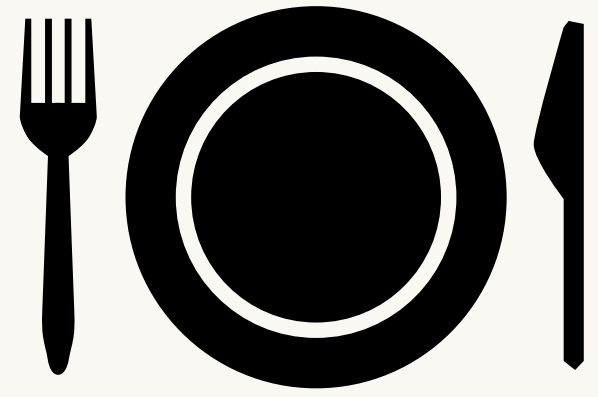
SNACK



Cook Time: 5 minutes



Dietary:
Vegetarian & nut free



Serves: 2 People

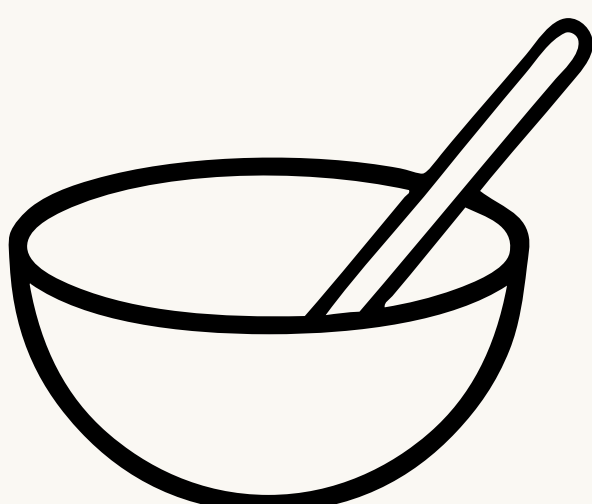


Hummus Dip

A

Ingredients

- 1 1/2 cup of chickpeas
- 1/2 cup of olive oil
- 1 garlic clove
- Lemon juice
- 1/2 teaspoon of salt
- 1/2 teaspoon ground cumin



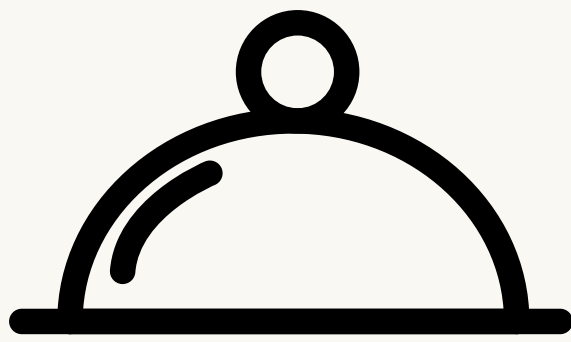
Instructions

1. Collect ingredients
2. Put all ingredients into a blender, bullet, or food processor
3. Blend until smooth
4. Serve with chips or cut up veggies
5. Eat and Enjoy!

DINNER

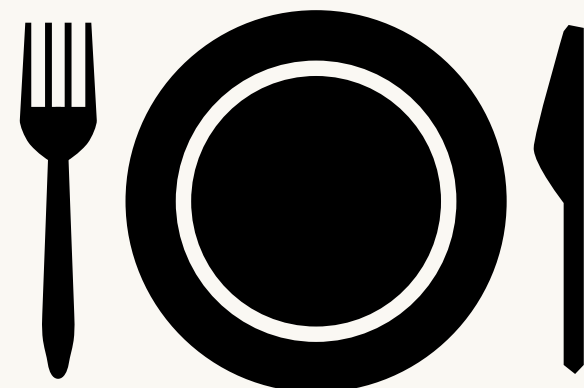


Cook Time: 20 minutes



Dietary:

Vegetarian & nut free



Serves: 2 People

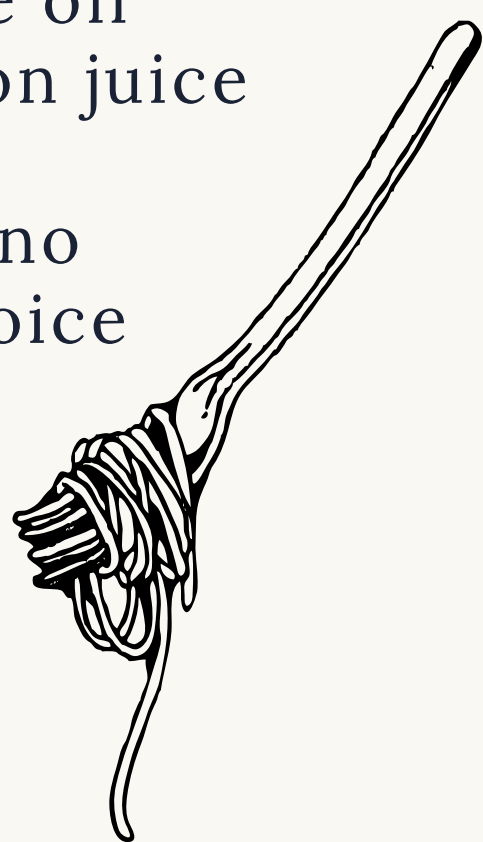


"Pesto" Pasta



Ingredients

- One cup of frozen peas
- 1/2 cup of parmesan cheese
- Two tbsp of olive oil
- One tbsp of lemon juice
- One garlic clove
- 1/2 cup of oregano
- Pasta of your choice



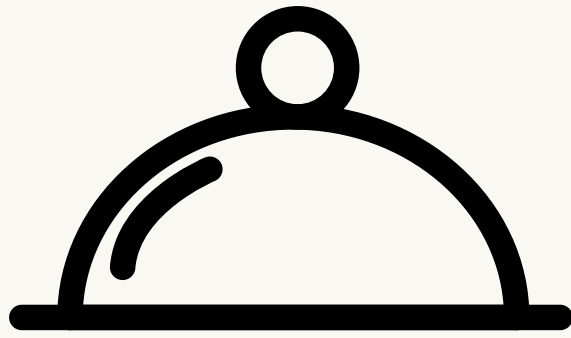
Instructions

1. Boil your pasta
2. Thaw out your frozen peas
3. Combine your peas, parmesan cheese, olive oil, lemon juice and garlic in a blender
4. Add in the oregano
5. Blend all together
6. Mix your pesto in a bowl with your pasta
7. Eat and Enjoy!

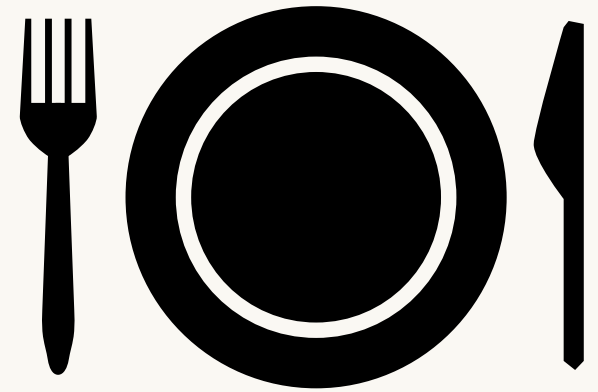
DESSERT



Cook Time: 15 minutes



Dietary:
Vegetarian



Serves: 1 People

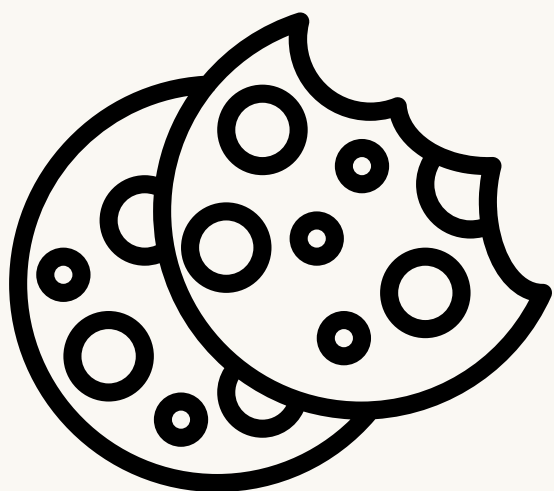


Protein Cookies

A

Ingredients

- 1/4 cup of rolled oats
- 1/4 cup peanut butter
- 1 teaspoon honey
- pinch of salt



Instructions

1. Combine rolled oats, peanut butter, and honey to a bowl
2. Mix together until dough-like consistency
3. Place dough onto wax paper
4. Flatten into a cookie shape
5. Put into freezer for 10 minutes
6. Eat and Enjoy!

Storage

Store in freezer to keep cookie shape

TIPS

& TRICKS

1.

In order to save time during the week, **meal prep and refrigerate your food** in the beginning of the week!

All you need to do is cook a large portion of food and place it in containers to make a "grab and go" type of meal

Find apps that help you save money on food!

One app is called "**Too good to go**" and it allows you to purchase left over food at the end of the night at a discounted price.

You can find fresh food markets, bakeries, restaurants and more on the app

2.

3.

Follow content creators on social media!

You can look on platforms like Instagram, YouTube, TikTok, Pinterest and more.

Accounts to look at is:

@buzzfeedtasty
@healthyfitnessmeals
@gordongram
@twisted
@healthymintemeals



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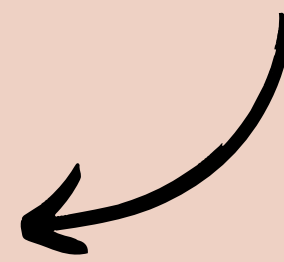
Thank You



Cooking Cart Cweens



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on your experience



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