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TASTY

EXPRESSIONS OF SELF-LOVE IN RECIPES



CHAPTER ONE

JUICE BLEND



CHAPTER TWO

FRUIT FEAST



CHAPTER THREE

HOME DINING



CHAPTER FOUR

SAUCE



CHAPTER FIVE

DESSERT



CHAPTER SIX

ADVENTURE



CHAPTER SEVEN

MUKBANG





On my journey to self-love, I've experienced some painful lessons, but valuable lessons they were, and I value them greatly. Cooking, dining, taste-testing new recipes, and sharing my food adventures with all my subscribers have given me a new love. So, I wanted to put a selected few of my favorite dishes in this collection as a gift to you. All the recipes and photographs are all done by me. I want to let you know that there is nothing you cannot do. Don't count yourself out. It is a bit ironic that I would author a "recipe" or "cook" book because I am not a Cook per se. When I am in the kitchen, it is more like an adventure and less about measurements and cooking skills. I have fun doing it because it makes me very happy. The outcomes are nothing short of miraculous to me. Ha ha! 😊



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