



# **Budget Cooking for One - Book Two: Recipes for One - The Art of Cooking For Yourself (Budet Cooking for One) (Volume 2)**

*Penelope R Oates*

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*Penelope R Oates*

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Anyone Can Cook – Well Almost Anyone... I know that Budget Cooking for One is more of a challenge than cooking for a family but it really is worth the effort. If you are someone who needs a bit of encouragement to cook from fresh; this book is for you. If you have a very busy lifestyle and think that it is much quicker to feed one person using convenience foods; this book is for you. The recipes I have included are very simple and quick to prepare and cook. Give some of the simple recipes in this book a try and I can guarantee that you will not spend much more time in the kitchen than you would if you had prepared a frozen dinner in a traditional oven. For this second book in the Budget Cooking for One series I have searched out and tried recipes from all sorts of different sources; friends, family, magazines, the internet etc. The instructions are clear and simple, so if you can read and follow easy directions - you can cook!

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