

# Dear [Friend's Name],

I hope this message finds you well! I've been experimenting in the kitchen lately and would love to share some delightful recipes with you.

## Recipe 1: Creamy Garlic Pasta

This dish is incredibly simple yet bursting with flavor. You'll need:

- 200g pasta
- 4 cloves of garlic, minced
- 1 cup heavy cream
- Salt and pepper to taste
- Parmesan cheese for serving

Cook the pasta as per the package instructions. In a pan, saute garlic until fragrant, then add cream. Toss with pasta, season, and top with Parmesan. Enjoy!

## Recipe 2: Fresh Berry Smoothie

This refreshing drink is perfect for breakfast or a snack! Ingredients include:

- 1 cup mixed berries (fresh or frozen)
- 1 banana
- 1 cup yogurt
- A splash of honey

Blend everything together until smooth and savor the delightful taste of summer!

I'd love to hear your thoughts on these recipes. Have you tried anything new lately? Let's plan a cooking day soon!

Warm regards,  
[Your Name]