



BARBARA NUNES

Pages & Purpose

A LITTLE NOTE FROM ME

IThis little book started with a simple thought - if the power goes out, I'd still love to sit around the table with my family and enjoy a good meal. Food is about so much more than simply filling our stomachs. It's about comfort, connection, familiarity and those little moments that make us feel at home.

If you find yourself alone, make something you fancy, set the table, take your time and enjoy it!

And if you're surrounded by family and loved ones, may these recipes help you continue to bring everyone together and show love through the simple act of preparing and sharing a meal.

I hope these recipes show that even if we go through seasons of not having the usual comforts of everyday life, we can still create something delicious, make the most of what we have and bring a little warmth to the table.
Because even in a blackout, there can still be light, laughter and good food.

Much love,
Barbara

x.



BREAKFAST

SWEET

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