

Toast and Tea

* 1 (Tea) Cup of Hot English Breakfast Tea
 (Other strong unflavored black tea is fine)
 * Milk for tea (Optional)
 * 2 Toast w/ Butter

Prepare toast by toasting bread until golden brown. Spread butter on the top of the toast. Tear toast in half, dip into the tea (allow to cool if tea is too hot), then eat.

Sweet tea is not recommended for this, as the flavor is too rich.

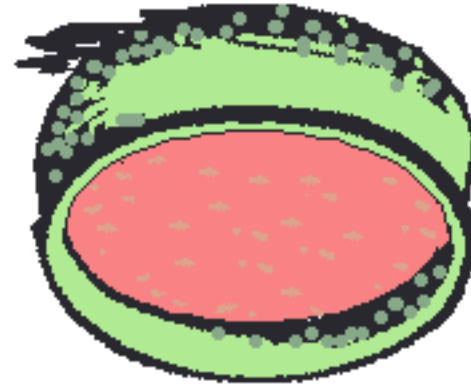
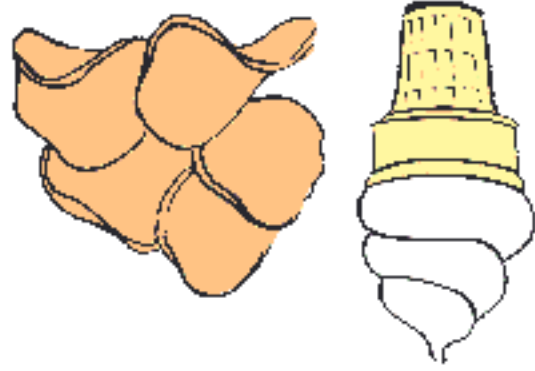


SysL Note: Chocolate does not work.

Enjoy the sweet and sour experience. Take a chip, dip into the soft-serve ice cream and then eat it.

* Vanilla Soft-Serve Ice Cream
 * Salt and Vinegar Chips

Salt and Vinegar Vanilla Treat



Cursed 3.5 Layer Dip

* 3 Triangles (about 60g) of Jalapeno Soft Cheese
 * 2 Tbs Greek Yogurt
 * Hot Salsa
 * Shaved Dark Chocolate

Combine the Cheese and Yogurt well and place into the bottom of your dipping bowl. Gently place a layer of salsa on top with a spoon. Cover with a little shaved dark chocolate.

Enjoy with potato chips or your dip companion of choice.



Peanut Butter Ramen

* 1 Pack of Instant Ramen
 * 1 Tbs Chunky Peanut Butter

Cook ramen according to instructions (do not add seasoning packet), drain most of the water leaving about 3tbs.

Combine 1/2 seasoning packet and peanut butter. Mix with Ramen until it becomes a creamy sauce.

For an extra zing, add hot sauce and bottled lime juice.

COOKING WITH SYSL



Recipies: Sys1
SysL Art: Katkitters
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12 Minute Microwave Rice

- * 2 Cups Water
- * 1 Cup Rice
- * Pea sized blob of butter

In a large microwave safe bowl, combine Water, Rice and Butter. Using a small bowl may cause it to boil over the top of the bowl while cooking.

Microwave 12 Minutes, let set for 5 Minutes.

Rice will be hot.

No Energy Tomato Based Sauce

- * 1 Can of Condensed Tomato Soup
- * 1/2 Can of Water
- * Black Pepper to Taste
- * Whatever leftovers you have
- * Curry Spice Mix

In a cooking pot, combine Soup, Water, Black Pepper, Leftovers, Curry Spice Mix.

Cook until water reduces and soup thickens. Serve over rice or instant noodles.



- SysL, Apr 6, 2026

(This is the back side of the Zine!)