

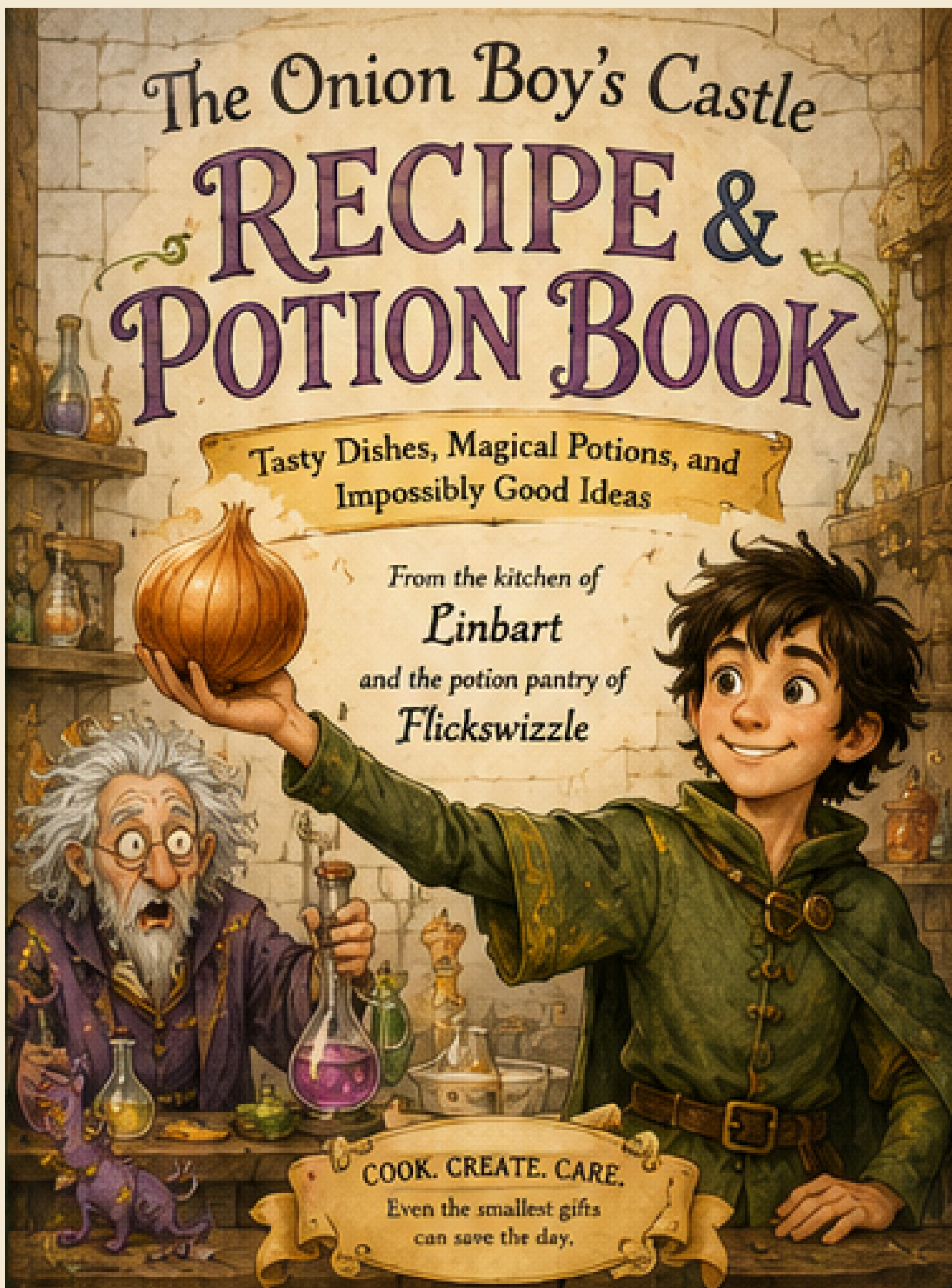
The Onion Boy's Castle RECIPE & POTION BOOK

Tasty Dishes, Magical Potions, and
Impossibly Good Ideas

From the kitchen of
Linbart
and the potion pantry of
Flickswizzle

COOK. CREATE. CARE.

Even the smallest gifts
can save the day.



WELCOME, FRIEND!

Within these pages you'll find
recipes fit for a castle, potions
(best made with caution!),
and the story of how one boy's
unlikely gift became a kingdom's
salvation.



OUR STORY

Linbart could eat onions like apples
and never cry a tear. Everyone
thought this was useless... until
a wicked curse struck Princess
Winkel, and only Linbart's onion
immunity could help.

With Flickswizzle's disastrous
potions, a humble carrot cake,
and a lot of heart, the kingdom
was saved.

Not every hero wears a crown.
Some just peel onions.



THE STORY IN A NUTSHELL



Princess Winkel ate an enchanted dish with onions and was cursed!



Everyone tried to help... but nothing worked.



Linbert's magical immunity let him eat onions without harm.



Flickwizale tried a potion... and caused ten more problems.



Finally, Linbert baked a carrot cake with love (and no onions).



The Princess was healed. The kingdom celebrated. Carrots became legends.



SOUP FIT FOR A HERO

Linbart's Onion Soup



Onions? Yes, please!

This soup is warm, hearty, and (for most people) may cause tears. Linbart just calls it "lunch."

INGREDIENTS

- 3 large onions (sliced thin)
- 2 tablespoons butter
- 4 cups vegetable broth
- 1 teaspoon thyme
- Salt & pepper to taste
- 1 splash of kindness

DIRECTIONS

1. Sauté onions in butter until golden.
2. Add broth and thyme. Simmer 20 minutes.
3. Season to taste. Ladle into bowls.
4. Top with bread and cheese if you like.



— ROYAL & ONION-FREE —

Princess Winkel's Sunshine Plate



A gentle, delicious dish with no onions
whatsoever—perfect for royalty.

INGREDIENTS

- 1 cup fluffy rice
- 1 cup roasted carrots
- 1 cup green peas
- 1 tablespoon butter
- Pinch of royal saffron
- Salt to taste

DIRECTIONS

1. Cook rice with saffron and a pinch of salt.
2. Roast carrots in butter until tender.
3. Warm peas with a pat of butter.
4. Arrange like a sunrise. Smile like royalty.



— THE CAKE THAT SAVED A PRINCESS —

Enchanted Carrot Cake



Made with courage, carrots, and caring.
Side effect: breaks curses.

INGREDIENTS

- 2 cups grated carrots
- 2 cups flour
- 1 cup brown sugar
- 2 eggs
- 1 tsp cinnamon
- 1/2 cup oil
- 1 tsp baking soda
- Pinch of magic (a.k.a. love)

DIRECTIONS

1. Mix all ingredients with good thoughts.
2. Bake at 350°F for 35–40 minutes.
3. Cool. Frost. Share. Save kingdoms.



MAGICAL FROSTINGS

Cloud Cream Frosting

Light as a breeze, sweet as a compliment.

- 1 cup whipped cream
- 2 tbsp honey
- 1 drop vanilla



Rainbow Swirl Frosting

Because every hero deserves color.

- 1 cup butter
- 2 cups powdered sugar
- Drops of joy (food coloring)



Starlight Glaze

Shiny enough for a royal banquet.

- 1 cup powdered sugar
- 1-2 tbsp milk
- Edible sparkle (optional)



FLICKSWIZZLE'S POTION PANTRY

Use With Caution (or Don't)

Flickswizzle means well. Usually.

RULE #1: Never mix more than one strange ingredient at a time.

RULE #2: If it bubbles purple—stop.

RULE #3: When in doubt, start over.



Potion of Upside-Down Confidence



Makes you believe you can do anything. Risk: You may try to walk on the ceiling.

INGREDIENTS

- Bat wing (small)
- Moonlight (2 drops)
- Leftover soup (1 splash)

EFFECTS

- +10 Bravery (misplaced)
- 5 Gravity Sense



Potion of Extra Yawns



Great for napping.
Terrible for battles.

INGREDIENTS

- Yawn dust
- Pillow fluff
- Warm milk (just a bit)

EFFECTS

- + 100 Sleepiness
- 10 Alertness

zzz

Potion of Oops!



Causes small mistakes.
Causes large mistakes.
Causes... oh no.

INGREDIENTS

- Pickle juice
- Sneezes (2)
- Mystery powder

EFFECTS

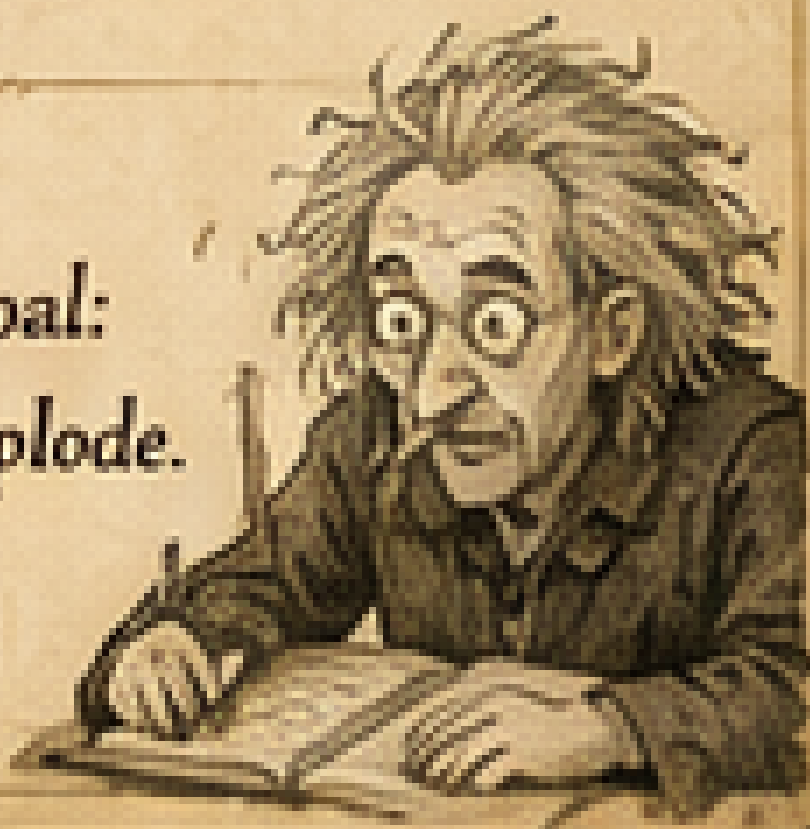
Unpredictable.
Probably messy.

Kitchen Disaster Log

(Selected Entries)

- Turned a flower into a goat. (Again.)
- Boiled a boot. Smelled worse than expected.
- Invented a potion that giggles. Nonstop.
- Accidentally aged the soup by 100 years.
- Mixed up labels. Don't ask.

Today's Goal:
Bake. Not explode.



MAGICAL INGREDIENT CARDS

Collect. Learn. Cook.
Some ingredients are
common. Some are not.

Cut these cards out
and use in games,
stories, or recipes!



The Humble Onion



May cause tears.

May break curses.

Handled best
by those with
strong hearts
(or Linbart).

1

POWER: Protection
from onion magic.

The Mighty Carrot



Good in soups.
Great in cakes.

Essential in
many heroic
desserts.

2

POWER: Healing
& Hope

Dragon's Dill



Smells like adventure.

Tastes like bravery.

3

POWER: Makes
almost anything
50% cooler.

Twinkle Sugar



Shimmers like
starlight.

Sweetens
songs, spells,
and stories.

4

POWER: Joy
and sparkle.

Winkleaf



A shy leaf that
only appears
when you
really need it.



POWER: Good
luck (maybe).