

# DR. SEBI'S ALKALINE AND ANTI-INFLAMMATORY

Diet For Beginners 2022

*28 Day-Meal Plan to Detox and  
Reduce Inflammation,*

**700+**  
ALKALINE  
RECIPES

RECIPES  
WITH COLOR  
PHOTOS

FRIDA JOHNSON



**DR. SEBI'S**  
**ALKALINE AND**  
**ANTI-INFLAMMATORY**  
**DIET**  
**FOR BEGINNERS 2022**



**28 Day-Meal Plan to Detox and  
Reduce Inflammation, 700+  
Alkaline Recipes with Color  
Photos**

by

**FRIDA JOHNSON**

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## **CHAPTER NINE Herbal Remedies**

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[3. Oregano](#)

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## INTRODUCTION

Dr. Sebi is a naturalist, pathologist, herbalist, and biochemist. He has studied and observed herbs in the Americas, Latin America, Africa, and the Caribbean, and has developed a unique herbal healing approach based on more than 30 years of practical experience.

This is a specialized alkaline diet developed by herbalist Dr. Sebi with the goal of providing the body with all alkalizing foods as well as foods that do not cause mucus. The nutritional guide is based on Dr. Sebi's.

The alkaline diet is founded on the idea that disease cannot thrive in an acidic environment. According to Dr. Sebi, the disease "begins when the mucous membrane has been compromised." For example, bronchitis is caused by excess mucus in the bronchi; pneumonia is caused by it in the lungs; diabetes is caused by it in the pancreatic duct; and arthritis is caused by it in the joints.

Dr. Sebi's herbs, such as burdock root, sarsaparilla, and dandelion, are traditional healing herbs that cleanse the blood and liver, and are now widely used in all popular movements and increasingly. A more holistic approach to health.

Because water is essential for a healthy and functional body, and many of the herbs used are diuretics that increase urination to eliminate them, drinking plenty of water each day is essential for this alkaline diet to work. Toxins in the body

Water is required to flush waste from the body, to cushion joints and organs, and to aid in nutrient absorption. Water is required to maintain healthy body function because the average adult body is made up of 75% water.

Microwaving food damages the nutrients in food, so this nutritional guide does not recommend cooking it.

Many whole, plant-based foods are excluded from the alkaline diet food list. Hybrid foods (foods grafted from two different

plants) should be avoided, according to Dr. Sebi, because they disrupt the electrical balance.

### **Nutritional Guide | vegetables**

- Green amaranth - same as Callaloo, a variety of spinach
- Avocado
- Asperges
- Peppers
- banana donkey
- Chayote (pumpkin from Mexico)
- Cucumber
- dandelion leaves
- Chickpeas (optional)
- Izote - cactus flower / cactus leaf- grows naturally in California
- jicama
- chou frize
- Lettuce (all except Iceberg)
- Mushrooms (all except Shitake)
- Mustard leaves
- Nopales - Mexican Cactus
- okra
- Olives (and olive oil)
- Onions
- Poke Salad Greens
- sea vegetables (wakame / dulse / arame / hijiki / nori)
- Squash
- Spinach (use sparingly)
- Beans
- Tomato: cherry and plum only
- tomatillo
- turnip greens
- zucchini

## **Nutritional Guide | fruit**

- apples
- Platanus - the smallest or / medium Burro (original banana)
- Berries (not blueberries)
- Cantaloupe
- cherries
- currants
- dates
- figs
- seed grapes
- Limes (favourite key files with seeds)
- Mango
- Melons - Seeded
- Orange (Seville favourite or bitter, hard to find)
- papayas
- peaches
- pears
- Prunes
- pruneaux
- seed grapes
- Sweet coconut jelly (and coconut oil)
- Carossols -Latin or Antillean markets)
- sugar apples (from chermoya)

## **Nutritional Guide | Nuts and seeds**

- Raw almonds and almond butter
- raw sesame seeds
- Raw Sesame Tahini Butter
- Walnuts / Hazelnuts

## **Nutritional Guide | Spices - condiments**

- Annatto
- Basil
- bay leaf
- Peppers
- Cilantro
- Cilantro
- Cumin
- dill



- Marjoram
- onion powder
- oregano
- Granulated seaweed powder (Kelp / Sweet / Nori - tastes like the sea)
- pure sea salt
- sage
- Basil
- Tarragon
- Thyme

### **Nutritional Guide | sugars**

- 100% pure agave syrup - (from cacti)
- Date “sugar” (from dried dates)
- 100% Pure Maple Syrup - Recommended Grade B
- Maple “Sugar” (from dried maple syrup)

### **Nutritional Guide | alkaline grains**

- Amarante
- black rice
- Kamut
- Quinoa
- rye
- spelt
- Teff
- Wild rice

### **Nutritional Guide | All natural herbal teas.**

- Alvaca
- Anise
- Chamomile
- Nail
- Fennel
- ginger
- lemongrass
- raspberry red
- sea moss tea

### **Alkaline diet: herbs to cleanse and revitalize my organs**

- Burdock root - blood and liver cleanser, diuretic,
- Bladderwrack (algae) - vitamins and mineral supplements

- The black walnut is killing the parasites.
- Bromelain and papain: dissolve protein in the small intestine.
- Chlorella (algae) - protein supplements, vitamins and minerals, detoxifier
- Curcumin-antioxidant, supports brain, cardiovascular and joint health.
- Dandelion - blood and liver cleanser
- Elder (Sambucus nigra ) - strengthens the body against colds
- Flax seeds – fights heart disease, cancer, diabetes, and high essential fatty acids
- Irish Moss (seaweed) - vitamins and mineral supplements
- Kelp (seaweed) - vitamins and mineral supplements
- Mullein: removes mucus in the small intestine
- Oil of oregano - antiviral
- Sarsaparilla - blood purifier, diuretic, antibacterial, anti-inflammatory
- Wormwood leaf: kills pests

## **28 Days Meal plan**

### **Day 1**

- Breakfast – Coconut Waffle with agave syrup and fruits
- Lunch - Mushroom Soup<sup>1</sup> with Herb Bread
- Dinner - Zucchini-and-Squash Salad
- Snack – Soursop Smoothie

### **Day 2**

- Breakfast – Spelt Cookies
- Lunch - Veggie Alfredo<sup>1</sup>
- Dinner – Baked Beans<sup>1</sup> with Pickle Salad
- Snack – Strawberry Banana Ice Cream

### **Day 3**

- Breakfast – Quiche1
- Lunch - Creamy Cucumber Gazpacho with Tortillas
- Dinner – Baked Beans with Tortillas
- Snack – Chickpea “Tofu” with Tortillas

### **Day 4**

- Breakfast – cooked porridge with Applesauce
- Lunch - Creamy Cucumber Gazpacho with Chickpea “Tofu”
- Dinner – Quiche
- Snack – Mushroom Strips with Tomato Pizza Sauce

### **Day 5**

- Breakfast – Pancakes with Applesauce
- Lunch - Walnut Filling with cooked spelt
- Dinner – Mushroom Strips with Tomato Pizza Sauce and salad
- Snack – Healthy Smoothie

### **Day 6**

- Breakfast – Coconut Waffle with agave syrup and fruits
- Lunch – Sausage Links with cooked fonio.
- Dinner – cooked Homemade Pasta with Walnut Filling
- Snack – Peach Strawberry Smoothie

### **Day 7**

- Breakfast – French Toast1 with Applesauce
- Lunch – Spicy Tomato Bean Soup with Herb Bread
- Dinner – Sausage Links with Fresh Salad
- Snack – Green Smoothie

## **Day 8**

- Breakfast – cooked teff with Applesauce
- Lunch - Spicy Tomato Bean Soup with Herb Bread
- Dinner - “Potato” Salad
- Snack – Banana Milkshake

## **Day 9**

- Breakfast – Banana Pie
- Lunch - Zucchini Patties with cooked amaranth
- Dinner – “Potato” Salad
- Snack – Date Balls

## **Day 10**

- Breakfast – Banana Pie
- Lunch - Vegetable Quinoa
- Dinner - Zucchini Patties with salad
- Snack – Date Balls

## **Day 11**

- Breakfast – Mango Cheesecake
- Lunch – Vegetable Quinoa
- Dinner – Butternut Squash Fries with salad
- Snack - Teff Tahini Cookies

## **Day 12**

- Breakfast – Mango Cheesecake
- Lunch – Baked Beans with cooked kamut
- Dinner - Zucchini Bacon and Fresh Salad
- Snack - Teff Tahini Cookies

## **Day 13**

- Breakfast – cooked porridge with Strawberry Jam

- Lunch - Zucchini Bacon with Hempseed Mayonnaise and cooked wild rice
- Dinner – Baked Beans with Tortillas
- Snack - Kale Chips with Salsa Verde

#### **Day 14**

- Breakfast – Pancakes with Strawberry Jam
- Lunch - Soursop Soup
- Dinner - Chickpea Salad
- Snack – Kale Chips with Salsa Verde

#### **Day 15**

- Breakfast – Spelt Cookies
- Lunch - Soursop Soup
- Dinner- Teff Patties with Orange-Ginger Sauce and cooked Homemade Pasta
- Snack - Prickly Pear Juice

#### **Day 16**

- Breakfast – Banana Pie
- Lunch - Egg Foo Yung with Orange-Ginger Sauce
- Dinner - Mashed Burros with Mushroom Gravy
- Snack - Spelt Cookies

#### **Day 17**

- Breakfast – Banana Pie
- Lunch - Veggie Soup
- Dinner - Egg Foo Yung with Mushroom Gravy
- Snack - Cactus Smoothie

#### **Day 18**

- Breakfast – Vegetarian Pizza
- Lunch - Veggie Soup
- Dinner - Spaghetti Squash with Veggie “Chicken
- Snack - Coconut Tahini Cookies

### **Day 19**

- Breakfast – Coconut Tahini Cookies
- Lunch - Waffles & Veggie “Chicken” with “Garlic” Sauce
- Dinner - Vegetarian Pizza
- Snack - Tortilla Chips with Quick Mango Salsa

### **Day 20**

- Breakfast – Alkaline Porridge with fruits
- Lunch - Veggie Alfredo
- Dinner - Quiche
- Snack - Tortilla Chips with “Cheese” Sauce

### **Day 21**

- Breakfast – French Toast
- Lunch - Mushroom Soup with Herb Bread
- Dinner - Quiche
- Snack - Strawberry Milkshake

### **Day 22**

- Breakfast: Quinoa rice pudding with almonds, raspberries and coconut.
- Lunch: Carrot-almond salad made from the base mix of carrots, almonds, lemon and parsley.
- Dinner: Fan potatoes with Italian herbs.
- Snack - Tortilla Chips with “Cheese” Sauce

## **Day 23**

- Breakfast – Spelt Cookies
- Lunch - Veggie Alfredo<sup>1</sup>
- Dinner – Baked Beans<sup>1</sup> with Pickle Salad
- Snack – Strawberry Banana Ice Cream

## **Day 24**

- Breakfast – Quiche<sup>1</sup>
- Lunch - Creamy Cucumber Gazpacho with Tortillas
- Dinner – Baked Beans with Tortillas
- Snack – Chickpea “Tofu” with Tortillas

## **Day 25**

- Breakfast: 2 pancakes with banana spelled and agave syrup
- Snack: 1 cup (240 ml) green juice smoothie made from cucumber, kale, apples and ginger
- Lunch: kale salad with tomatoes, onions, avocado, dandelions and chickpeas with olive oil and basil dressing
- Snack: herbal tea with fruits
- Dinner: stir-fry vegetables and wild rice

## **Day 26**

- Breakfast: Shake with water, hemp seeds, bananas and strawberries
- Snack: blueberry muffins made from blueberries, pure coconut milk, agave syrup, sea salt, oil as well as teff and spelled flour
- Lunch: homemade pizza with a spelled crust, Brazil nut cheese and vegetables of your choice
- Snack: tahini butter on rye bread with sliced red peppers on the side

- Dinner: Chickpea burger with tomatoes, onions and kale on spelled flour flatbread

### **Day 27**

- Breakfast: cooked quinoa with agave syrup, peaches and pure coconut milk
- Snack: chamomile tea, grape seeds and sesame seeds
- Lunch: spelled pasta salad with chopped vegetables and olive oil and lime dressing
- Snack: A smoothie made from mango, banana, and pure coconut milk
- Dinner: hearty vegetable soup with mushrooms, peppers, zucchini, onions, kale, spices, water and seaweed powder

### **Day 28**

- Breakfast: cooked quinoa with agave syrup, peaches and pure coconut milk
- Snack: chamomile tea, grape seeds and sesame seeds
- Lunch: spelled pasta salad with chopped vegetables and olive oil and lime dressing
- Snack: A smoothie made from mango, banana, and pure coconut milk
- Dinner: hearty vegetable soup with mushrooms, peppers, zucchini, onions, kale, spices, water and seaweed powder





## CHAPTER ONE Breakfast Recipes

### 1. Blueberry Muffins



- Preparation time: 10 minutes
- Cooking time: 50 minutes
- Serving: 8

#### Ingredient

- 1 cup of hemp milk
- $\frac{3}{4}$  Cup Tef powder
- $\frac{1}{3}$  cup agave
- $\frac{1}{2}$  tsp. Sea salt
- $\frac{3}{4}$  Cup Kamut powder
- $\frac{1}{2}$  cup blueberry
- $\frac{1}{4}$  Cup Seamos Gel
- Grape seed oil as needed

#### Preparation

1. Preheat the oven to 400 degrees Fahrenheit.
2. Combine the milk, flour, salt, sea moss, and agave nectar in a mixing bowl. Add the blueberries and stir to combine.
3. Pour the batter into a muffin pan that has been coated with grapeseed oil.
4. Preheat oven to 350°F and bake for 25–30 minutes.
5. Serve.

## 2. Spelt pancakes



- Preparation time: 10 minutes
- Cooking time: 10 minutes
- Serving: 5

### Ingredient

- 1 cup of spelled
- ¼ tsp. Sea salt
- 2 tablespoons. Plant-based milk
- 1/2 cup sesame seeds
- ½ cup cannabis seed
- 1½ teaspoon. Cloves on the ground
- ½ tsp. Agave
- 1 tsp coconut oil

### Preparation

1. To make the flour, grind the sesame and hemp seeds together and set aside a quarter of it for later use.
2. In a mixing bowl, combine 2 cups of seed flour. Then, except for the coconut oil, combine the remaining ingredients.
3. Cook the pancakes in batches in a pan with oil.
4. Serve.

## 3. Teff Porridge

- Preparation time: 5 minutes

- Cooking time: 20 minutes
- Servings: 2

### **Ingredient**

- ½ cup teff grain
- Pinch of sea salt
- Blueberries to taste
- 2 cups spring water
- Agave to taste

### **Preparation**

1. In a saucepan, bring the spring water to a boil. After the water has come to a boil, season with salt and add the teff grain to the pan. As you add ingredients, stir them in.
2. Simmer for 15 minutes with the lid on and the heat turned down.
3. Toppings: agave nectar and blueberries
4. Serve.

## 4. Portobello Mushroom Patties

- Preparation time: 10 minutes
- Cooking time: 5 minutes
- Servings: 1

### ingredients

- 2 portobello mushrooms
- ¼ tsp. oregano
- ¼ cup cilantro
- 2 TEA SPOONS. onion powder
- ½ cup peppers
- 1 pinch cayenne pepper
- ¼ tsp. sea salt to taste
- ¼ cup flour (spelled, rye)

### Preparation

1. Soak the mushrooms for 1 minute in the water. Then combine with bell peppers in a food processor. They should be processed.
2. Combine the flour, salt, and seasonings in a large mixing bowl to make a patty.
3. Fry the patty on both sides in a pan heated with 2 tbsp. oil until done.

## 5. Avocado Breakfast Bowl



- Preparation time: 10 minutes
- Cooking time: 0 minutes
- Servings: 1

### Ingredient

- 130 litres of water
- A cup with a capacity of
- 60 ml containing red quinoa
- 1 1/2 teaspoons olive oil
- 2 eggs
- 1/4 teaspoon seasoned salt
- 1/4 teaspoon seasoned salt
- 1/4 teaspoon ground black pepper
- 1 avocado, diced
- 2 tablespoons crumbled feta cheese

### preparation

1. Stir together water and quinoa in a rice cooker; cook until the quinoa is tender, about 15 minutes.
2. Heat olive oil in a skillet over medium-high heat and cook the eggs to desired doneness. Season with salt and pepper.
3. Mix quinoa and eggs in a bowl; Top with avocado and feta.

## 6. Fonio Cereal



- Prep time: 10 minutes
- Cook time: 50 minutes
- Servings: 4

### **Ingredient**

- 1 ½ cups fonio, washed
- ½ tsp. salt
- Agave to sweeten to taste
- 4 ½ cups hemp milk
- fruit of your choice

### **preparation**

1. Fill a pot halfway with fonio. Add the milk and cook for 30 minutes on low heat, stirring frequently.
2. After that, mix in the salt.
3. Serve with agave and fruit toppings.

## 7. Chickpea Burgers

- Preparation time: 10 minutes
- Cooking time: 45 minutes
- Serving: 8

### Ingredient

- 3 cups of canned or cooked chickpeas
- 1 cup kale, chopped
- 1 tsp Cayenne
- 2 green onions, chopped
- Salt to taste
- 1/3 cup dry quinoa, wash and drain
- Chickpea flour 1/4 cup
- 2 tsp each of oregano, dill and basil
- Spring water as needed

### Preparation

1. To cook the quinoa, first toast it in a pan. Then pour in 2/3 cup of water and bring to a boil. Cook on low for 15 minutes with the lid on.
2. In a mixing bowl, mash the chickpeas. Cook the quinoa, kale, chickpea flour, onion, seasonings, cayenne, and salt together.
3. Add more water if necessary and form patties.
4. Preheat the oven to 375 degrees Fahrenheit.
5. Form 8 patties with the remaining mixture.
6. Spray a baking sheet with cooking spray and bake the patties for 15 minutes, then flip and cook for another 10 minutes.
7. Serve.



## 8. Brazil Nut Banana Bread

- Preparation time: 20 minutes
- Cooking time: 60 minutes
- Serving: 1

### Ingredient

- 2 cups of spelled wheat
- 6 tbsp. Gum
- 1½ teaspoon. Cloves on the ground
- 1 cup agave syrup
- 4 blow bananas
- ¼ cup walnut butter
- 1 cup of quinoa flour
- ½ tsp. Fine Sea salt
- 2/3 cup coconut oil
- 2tsp. Vanilla extract
- 1 cup of plain nut milk
- 10 Brazil nuts

### Preparation

1. Combine the seeds, flour, cloves, and salt; set aside.
2. Combine the nut milk, melted coconut oil, walnut butter, vanilla extract, and agave syrup in a blender. Blend until smooth. Pulse for 20 seconds to combine the chopped bananas. Fold the wet mixture into the dry mixture until it is completely combined.
3. Place the banana bread mixture in a loaf pan lined with parchment paper.
4. Chop the Brazil nuts and scatter them over the loaf.
5. Preheat oven to 350°F and bake for 35 minutes. Then reduce the heat to 325°F and cook for another 35 minutes.
6. Allow to cool before serving.

## 9. Breakfast Porridge



- Preparation time: 10 minutes
- Cooking time: 15 minutes
- Serving: 6

### Ingredient

- Walnut  $\frac{1}{4}$  cup
- 1 cup and 6 tbsp. Hemp milk
- 1 cup of fonio grain
- 2 cups of water
- 4 dates, pierced and chopped
- $\frac{1}{2}$  cup raisins
- $\frac{1}{2}$  cup of fresh blueberries
- 6 tbsp. Finely chopped coconut

### Preparation

1. In a skillet, toast the nuts for 5 minutes. Set aside after chopping.
2. In a saucepan, combine the fonio and water and stir to combine.
3. Bring to a boil with the dates. Continue to stir constantly.
4. Once the dates have begun to dissolve, reduce the heat to a low heat and stir in the raisins and milk.
5. Continue to cook, stirring frequently, until all of the liquid has been absorbed. Approximately 8 minutes.
6. Serve with blueberries, nuts, and milk on top.

## 10. Quinoa and Apple Breakfast



- Preparation time: 10 minutes
- Cooking time: 15 minutes
- Serving: 1

### **Ingredient**

- ½ cup quinoa
- ½ lemon
- 1 apple
- 1 cup of water
- Cayenne pepper to taste

### **Preparation**

1. In a sieve, rinse the quinoa, add water and bring to a boil.  
Cook for 15 minutes on low heat.
2. Grate the apple and toss it in with the quinoa.
3. Cook for another 30 seconds.
4. Grate the lemon zest and squeeze in some lemon juice to taste.
5. Add your spice and savour it.

## 11. Quinoa Porridge

- Preparation time: 10 minutes
- Cooking time: 15 minutes
- Serving: 4

### **Ingredient**

- 100 g raw quinoa
- 350 ml rice milk or other milk of your choice
- 2 tsp brown sugar
- Toppings to taste

### **preparation**

1. Rinse the raw quinoa thoroughly under running water in a fine sieve. Place the rice milk and sugar in a small saucepan and stir to combine.
2. Bring everything to a boil, then reduce to a low heat and leave to simmer for 18-20 minutes with the lid on. With a spoon, stir occasionally.
3. Remove the pot from the stove after the cooking time has passed and leave it swell for another 5 minutes with the lid closed.
4. Pour the quinoa mash into one or two bowls, top with your favourite toppings, and serve immediately. Take pleasure in your meal!

## 12. Breakfast Herbal Smoothie



- Preparation: 15 min.
- servings 2

### **Ingredient**

- 2 cups of Dr. Sebi's herbal tea
- 1 peeled blow banana
- 1 tablespoon walnuts
- 1 tablespoon agave syrup

### **Preparation**

1. Place all of the ingredients in a high-powered food processor or blender jar.
2. Place the lid on the blender jar and pulse for 40 to 60 seconds, or until smooth.
3. Pour the drink into two glasses and serve immediately.

### 13. Breakfast Boost with Apple and Berries



#### **Ingredient**

- 2 cups of green
- 1 cup of mixed berries
- 1 apple, cored, diced
- 1 cup of homemade hemp milk

#### **Preparation**

1. Place all of the ingredients in a high-powered food processor or blender jar.

2. Place the lid on the blender jar and pulse for 40 to 60 seconds, or until smooth.
3. Pour the drink into two glasses and serve immediately.

## 14. Avocado Tomato Toast

- Preparation time: 5 minutes
- Cooking time: 0 minutes

### Ingredient

- 2 slices of spelled bread, toasted
- 1 avocado, peeled, stoned and mashed
- ½ cup cherry tomato halves
- ½ teaspoon salt
- 2 teaspoons lime juice

### Preparation

1. Mash the avocado in a bowl with the lime juice until smooth.
2. Evenly spread mashed avocado on each toast, then scatter cherry tomatoes on top.
3. Season the tomatoes with salt before serving.



## 15. Alkaline Breakfast Bars

- Preparation time: 10 minutes
- Cooking time: 10 minutes

### Ingredient

- ½ cup spelt flour
- 2 baby burro bananas
- 1 cup quinoa flakes
- 1/16 teaspoon sea salt
- 1 tablespoon agave nectar
- ¼ cup grapeseed oil
- ½ cup alkaline blackberry jam

### Preparation

1. Turn on the oven and preheat it to 350 degrees Fahrenheit.
2. In the meantime, mash peeled burro bananas in a medium bowl with a fork.
3. Stir in the agave nectar and oil until thoroughly combined, then add the salt, flour, and quinoa flakes until a sticky dough forms.
4. Line the bottom with parchment paper in a square baking dish, spread two-thirds of the prepared dough, layer with blackberry jam, and top with the remaining dough.
5. Bake for 10 minutes, then set aside for 15 minutes to cool.
6. To serve, cut the dough into four bars.

## 16. Tamarind and Cucumber Breakfast Drink



### ingredients

- 2 cups Dr. Sebi herbal tea
- 1 tablespoon tamarind pulp
- 1 cucumber, seeded
- 2 ounces arugula
- 1 key lime, juiced
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{8}$  teaspoon cayenne pepper

### Preparation

1. Place all of the ingredients in a high-powered food processor or blender jar.
2. Place the lid on the blender jar and pulse for 40 to 60 seconds, or until smooth.
3. Pour the drink into two glasses and serve immediately.

## 17. Lime & Mint Summer Fruit Salad



- Preparation: 10 minutes
- Cooking time: 0 minutes

### **Ingredient**

- Tangerine slices (1/4 cup)
- Apple (1/4 cup), peeled and diced
- Mint (two tablespoons), chopped
- Watermelon (1/4 cup)
- Orange juice from Seville (two tablespoons), squeezed
- Grapes (1/4 cup)
- Strawberries (1/4 cup)
- Honeydew melon (1/4 cup)
- Peaches (1/4 cup), peeled and diced
- Honeydew melon (1/4 cup)

### **Preparation**

1. Add each of the fruits to your mixing bowl.
2. After that, add the mint and Seville orange juice and thoroughly combine.
3. Enjoy while it's still cool!

## 18. Blackberry Pie

### Ingredient

- cinnamon ( $\frac{1}{4}$  teaspoon)
- coconut milk ( $\frac{1}{4}$  cup), unsweetened
- vanilla pod (one), without seeds
- squeezed orange juice (half cup)
- blackberry (6 cups), sliced

### preparation

1. To make your dish, combine all of the ingredients.
2. Place them in a medium skillet over medium heat and stir to combine.
3. Cook for almost 10 minutes with the mixture.
4. Divide the fruit batter evenly among four serving bowls.
5. Place the coconut milk (1 tbsp.) over the top and serve.
6. Take pleasure in your meal.

## 19. Jackfruit Vegetable Fry

### Ingredient

- Solid jackfruit (three cups), seeded and diced
- Cherry tomatoes (two cups), chopped
- Salt
- ground turmeric (1/8 teaspoon)
- Two onions, chopped
- Olive oil (one tablespoon)
- Cayenne pepper (1/8 teaspoon)
- red peppers (two), chopped
- Basil leaves (two tablespoons), chopped

### Preparation

1. Add the bell peppers and onions in a greased skillet and cook them for nearly 5 minutes.
2. Place the tomatoes in the pan and stir well.
3. Cook for another 2 minutes and a half.
4. Add salt, jackfruit, cayenne pepper, and turmeric later.
5. Cook for almost eight minutes.
6. Serve lukewarm with basil leaves as a garnish.

## 20. Hempseed Milk



- Prepare: 10 minutes
- Cook: 5 minutes

### **ingredients**

- 1 pc avocado, ripe
- 1 pc broccoli
- 1 prize curry
- 2 cups of hemp seed milk
- 1pc clove of garlic
- 1 prize Cumin, ground

### **Preparation**

1. Boil the broccoli in a pot of water for about 10 minutes.
2. Halve the avocado, cut into small cubes and mix well in a blender with the hemp milk.
3. Mix all the ingredients and season with the garlic, salt and pepper.

## 21. Pumpkin Spice Quinoa



### Ingredient

- pumpkin spice (a teaspoon)
- banana (1), mashed
- Quinoa, cooked (one cup)
- Chia seeds (two teaspoons)
- A cup of coconut milk, without sugar
- Nut
- pumpkin puree (1/4 cup)

### preparation

1. In your container, combine all of the ingredients.
2. Secure your container with the lid and give it a good shake to incorporate everything.
3. Refrigerate them for at least one night.
4. Serve the food.
5. Take pleasure in your meal.

## 22. Millet Porridge

- Preparation: 10 minutes
- Cooking: 20 minutes
- Servings 2

### **Ingredient**

- Water (1 & ½ cups)
- 1/2 cup coconut milk, unsweetened
- Salt
- Millet (½ cup), soaked and drained
- Coconuts (one tablespoon), chopped
- liquid stevia (three drops)

### preparation

1. In a skillet, sauté the millet for almost three minutes.
2. Place the water and salt in a mixing bowl and stir well.
3. Allow them to boil for a few minutes before lowering the heat.
4. Cooking time is approximately 15 minutes.
5. Later, add the remaining ingredients and stir thoroughly.
6. Cook for an additional nearly 4 minutes.
7. Using chopped nuts, decorate the top of the cake.
8. Serve them and take pleasure in your meal.



## 23. Banana Barley Porridge

- Preparation: 5 minutes
- Cooking: 30 minutes
- Servings 2

### Ingredient

- Banana (one), peeled and sliced
- liquid stevia (three drops)
- Coconut milk (one cup), unsweetened & divided
- Coconuts ( $\frac{1}{4}$  cup), diced
- Barley (half cup)

### Preparation

1. Combine the barley, stevia, and half of the coconut milk in your dish and stir well.
2. Refrigerate for about 6 hours after covering with the lid.
3. In a saucepan, combine the barley batter with the remaining coconut milk.
4. Cook for at least 5 minutes on a medium heat setting.
5. Decorate the top with banana slices and coconut shavings.
6. Serve the food.

## 24. Turnip Bowl



- Prepare: 5 minutes
- Cook: 10 minutes

### Ingredient

- onion powder (One teaspoon)
- One tablespoon of coconut oil
- salt
- Red bell pepper (one), seeded & diced
- mushrooms (¼ cup), sliced
- Two chive stalks, chopped
- turns (two), stripped & cubed
- kale (Four cups)
- onion powder (One teaspoon)
- Bouquet yarn herb (half teaspoon), blended
- sweet onion (one), minced

### preparation

1. Stir together the red bell pepper, chives, mushrooms, onion powder, turnips, kale, oil, and onion in your dish.
2. Using a medium-high heat setting, heat your cooking pan.
3. Cook, stirring frequently, for about 10 minutes, or until the vegetables are tender.
4. Serve and have a good time!

## 25. Dr. Sebi Hot Sauce Recipe



- Prepare: 10 minutes
- Cook: 5 minutes
- Servings 2

### **Ingredient**

- spring water (1/3 cup)
- Salt
- Onion Powder (One tablespoon)
- Onions (1/4 cup), diced
- Lime Juice (Two tablespoons)
- Habaneros (3)
- Grape seed Oil (One tablespoon)
- Red pepper (1/4 cup)

### **Preparation**

1. Preheat your cooker to a low-medium setting.
2. After that, spray your skillet with grapeseed oil.
3. For almost 4 minutes, sauté the peppers, onions, habaneros, and sea salt.
4. Separate the stalks from the habaneros, then add the vegetables and other ingredients to your blender.
5. Blend until the seeds are completely removed and the mixture is smooth.
6. Your Hot Sauce is now ready to be served.

## **26. Spelt Waffles**

- Preparation: 10 minutes
- Cook: 10 minutes

### **Ingredient**

- spring water (one cup)
- hemp milk (1 & ½ cups)
- Salt (half tsp.)
- Hemp seed oil (three tbsp.)
- Date sugar (three tbsp.)
- spelled flour (2 & ½ cups)
- For serving:
- Agave syrup

### **Preparation**

1. Add the flour, salt, and sugar to your dish and stir well.
2. After that, add the milk, water, and oil and stir well.
3. Heat the waffle maker after sprinkling the oil on it.
4. Add half of the mixture to the pan and cook until done.
5. Repeat the process and serve with a drizzle of agave syrup.

## 27. Teff Porridge

- Prepare: 5 minutes
- Cook: 20 minutes
- Servings 2

### **Ingredient**

- Teff grain (half cup)
- spring water (two cups)
- salt
- Agave
- Blueberries

### **Preparation**

1. Fill your saucepan halfway with spring water and bring to a boil.
2. Later, add the salt and teff grain to your pan and stir well.
3. Put the lid on your pan and close it.
4. Reduce the heat to low and cook for nearly 15 minutes.
5. Sprinkle the blueberries and agave nectar on top.
6. Serve and savour your favourite breakfast.

## 28. Apple Pie Recipe



- Preparation: 11 minutes
- Cook: 5 minutes

### Ingredient

- Sea Salt (half tsp.)
- Agave (half cup)
- Ground Cloves (1/4 tsp.)
- Date Sugar (half cup)
- one tsp. of Allspice
- Grape Seed Oil (1/3 cup)
- Baking Apples (3-4 lbs.)
- Spring Water (half cup)
- Two cups of Spelled Flour
- Limes

### Preparation

1. Preheat the oven to 425 degrees Fahrenheit.
2. Using a sharp knife, cut the apples into small slices.
3. Combine the gloves, salt, date sugar, allspice, and apples in a skillet.
4. Place your cooker on a low heat setting.
5. Place the ingredients in a pot and cook for nearly 20 minutes.
6. Combine the spelt flour and salt; process for about 10 seconds.
7. While mixing, carefully incorporate the grape seed oil.

8. To make a ball, combine the spring water and the baking soda.
9. Place the dough in your pie pan to catch any excess.
10. Later, add agave nectar or any other insufficient ingredient to the apple mixture.
11. Cut another half of your dough into 1-inch pieces with your pizza cutter.
12. Place the pieces vertically and horizontally in the direction of the pie.
13. Preheat the oven to 350°F and bake until golden brown.
14. Serve and take pleasure in it.

## 29. Vegetable Pancakes



- Prepare: 5 minutes
- Cook: 5 minutes

### **Ingredient**

- Onion powder (half teaspoon)
- White onion (half), grated
- salt
- yellow squash (one), harshly chopped
- coconut flour
- One zucchini, stripped & chopped
- filtered water (half teaspoon) or as required

### **preparation**

1. Combine the zucchini, onion powder, coconut flour, scallions, yellow squash, onion, and salt in a food processor.
2. Pulse them together until they're well combined.
3. After that, add some water to the batter to make it moist.
4. The consistency of the mixture should be thick.
5. Cooking spray should be sprayed all over your pan.
6. Set the temperature to medium.
7. Use an ice cream scoop to scoop the mixture into your pan. Spread the batter over your pan with a fork, pressing toward the pancakes.
8. Pancakes should be browned on both sides or cooked for about 5 minutes.
9. Warm it up before serving.
10. Enjoy the breakfast of your choice.



### 30. Figs & Ginger Fruit Compote

- Prepare: 10 minutes
- Cook: 10 minutes
- Servings 2

#### Ingredient

- Vanilla bean (one), deseeded
- Apple (one) stripped & diced
- Filtered water (one cup)
- Tangerines (two), stripped & sectioned
- figs (½ cup), stemmed & quartered
- cloves (half teaspoon)
- Plums (half cup), drained & divided
- Cinnamon (half teaspoon)
- Stevia (one packet)
- Ginger (one teaspoon), grated
- Dark cherries (¼ cup)

#### Preparation

1. In a saucepan, combine all of the ingredients.
2. Set the heat to medium and allow them to simmer.
3. Cook for almost 10 minutes, stirring occasionally, or until the fruit is tender.
4. Remove from the heat and set aside to cool for nearly 30 minutes.
5. Serve at room temperature.
6. Take pleasure in it!

## 31. Chickpea omelet

### Ingredient

- 1 cup of chickpea powder
- 1/2 teaspoon onion powder
- 1/3 cup nutritional yeast
- 1/2 teaspoon baking soda
- 1/4 teaspoon black pepper
- 1/4 teaspoon white pepper
- 1/2 teaspoon garlic powder
- 1 cup of water

### Preparation

1. Get yourself a small bowl. Combine the flour, yeast, baking soda, onion powder, garlic powder, black pepper, and white pepper in a large mixing bowl. Mix the ingredients until they are evenly distributed. Add 1 cup water, mixed by hand until all ingredients are evenly smoothed out
2. Melt butter in a skillet over medium heat. Cook the batter in the same way you would a pancake. Toppings of choice can be added to the batter's uncooked side. Cook until the underside of the omelette has turned golden brown. Cook for one minute after flipping the omelette one last time.
3. Toss with salsa, hot sauce, raw spinach, or whatever seasonings you think are appropriate for the toppings you've chosen.

## 32. Crustless broccoli quiche with sun-dried tomatoes

### Ingredients:

- 12.3-ounce box of extra firm tofu, drained and dried
- 1 ½ cup broccoli, chopped
- Two leeks, cleaned and sliced, both white and green parts
- Two tablespoons of vegetable broth
- Three tablespoons of nutritional yeast
- Two cloves of garlic, minced
- One lemon, juiced
- Two teaspoons of yellow mustard
- One tablespoon of tahini
- A tablespoon of corn-starch
- ¼ cup old-fashioned oats
- ½ teaspoon of turmeric
- 3-4 dashes of Tabasco sauce
- ½-1 teaspoon of salt
- ½ cup artichoke hearts, chopped
- 2/3 cup tomatoes, sun dried, soaked in hot water
- 1/8 cup vegetable broth

### Preparation

1. Preheat the oven to 375 degrees Fahrenheit (190 degrees Celsius).
2. Use parchment paper or cooking spray to line a 9-inch pie plate or springform pan.
3. Place all leeks and broccoli on a cookie sheet, drizzle with vegetable broth, salt, and pepper, and bake for 20-30 minutes.
4. Meanwhile, in a food processor, puree the tofu, garlic, nutritional yeast, lemon juice, mustard, tahini, corn-starch, oats, turmeric, salt, and a few dashes of Tabasco until smooth. Taste for heat and add more Tabasco as needed.
5. Combine cooked vegetables, artichoke hearts, and tomatoes in a large mixing bowl. Mix thoroughly to ensure that all of the vegetables are evenly distributed.

Scrape in the tofu mixture from the processor with a spatula. If the dough appears too dry, moisten it with a little vegetable broth or water.

6. Spread the mixture evenly in pie plate muffin tins or a springform pan.
7. Bake for 35 minutes. Alternatively, cook until lightly browned.
8. Allow to cool before serving. Both warm and chilled, this dish is delectable!

### **33. chocolate pancakes**



#### **Ingredients:**

- 1/4 cup gluten-free flour of your choice
- A tablespoon of ground flaxseed
- A tablespoon of baking soda
- Three tablespoons of nutritional yeast

- Two tablespoons of unsweetened cocoa powder
- ¼ teaspoon sea salt
- 1 cup unsweetened unflavoured almond milk
- 1 tablespoon vegan mini chocolate chips (optional)
- A teaspoon of vanilla extract
- ¼ teaspoon stevia powder or 1 tablespoon pure maple syrup
- A tablespoon of apple cider vinegar
- ¼ cup unsweetened applesauce.

### **Preparation**

1. In a medium mixing bowl, combine all dry ingredients (flour, baking powder, flaxseed, cocoa powder, yeast, salt, and optional chocolate chips). Whisk everything together until it's completely smooth.
2. Combine wet ingredients (except applesauce) in a small bowl (almond milk, vanilla extract, apple cider vinegar, maple syrup or stevia powder).
3. Combine the wet ingredient mixture and applesauce in a mixing bowl and mix by hand until just combined.
4. Allow the batter to rest for 10 minutes. It will expand and rise, potentially doubling in size.
5. Preheat an electric griddle or non-stick skillet over medium heat and spray with non-stick spray; scoop batter into 3-inch rounds. Bubbles will begin to appear, much like they do with traditional pancakes. When the bubbles start to pop, flip the pancakes and cook for another 1-2 minutes. This recipe makes 12 pancakes.

### 34. Scrambled eggs for breakfast



#### Ingredients:

- Cut a large cauliflower into pieces
- One seeded, diced green pepper
- One deseeded, diced red bell pepper
- 2 cups sliced mushrooms (about 8 ounces whole mushrooms)
- One peeled, diced red onion
- Three peeled, chopped garlic cloves
- Sea-salt
- 1 ½ teaspoons of turmeric
- 1-2 tablespoons low-sodium soy sauce
- ¼ cup nutritional yeast (optional)
- ½ teaspoon black pepper

#### Preparation

1. In a medium saucepan or skillet, sauté green and red peppers, mushrooms, and onion over medium-high heat until onion is translucent (about 7–8 minutes). To keep the vegetables from sticking, add a tablespoon or two of water to the pan now and then.
2. Add the cauliflower florets and cook until they are tender. It should take about 5 to 6 minutes.
3. Cook for about 5 minutes with the pepper, garlic, soy sauce, turmeric, and yeast (if using).

## 35. Superfood breakfast bar

### Ingredients:

- Four apples
- 1.5 cups mulberry and goji berry mix, soaked in lukewarm water for about 30 minutes
- 1 cup all-natural apple juice + 3 tablespoons divided
- Two tablespoons of maple syrup
- 2-3 tablespoons of sunflower seed butter
- Two teaspoons aluminium-free baking soda
- 4 cups gluten-free certified oats
- pinch of cinnamon (optional)
- Sunflower seeds for garnish

### Preparation

1. Preheat the oven to 390 degrees Fahrenheit (200 degrees Celsius).
2. Use parchment paper to line an 11" x 8" baking dish.
3. Remove the seeds from the apples and coarsely chop them. Add one cup of apple juice to the blender. Blend until completely smooth.
4. Combine the remaining three tablespoons of apple juice, sunflower butter, and maple syrup in a small bowl. You'll end up with a creamy, smooth paste.
5. Mix the soaked and trained berries, oats, sunflower paste, baking powder, and apple mix into a well-mixed dough in a large mixing bowl.
6. Preheat oven to 200°F and bake for 20 minutes. Press the dough into the baking dish using a spatula or your hands. Sunflower seeds should be sprinkled on top.

## 36. Breakfast tofu

- Cooking time: 20 minutes

### Ingredients:

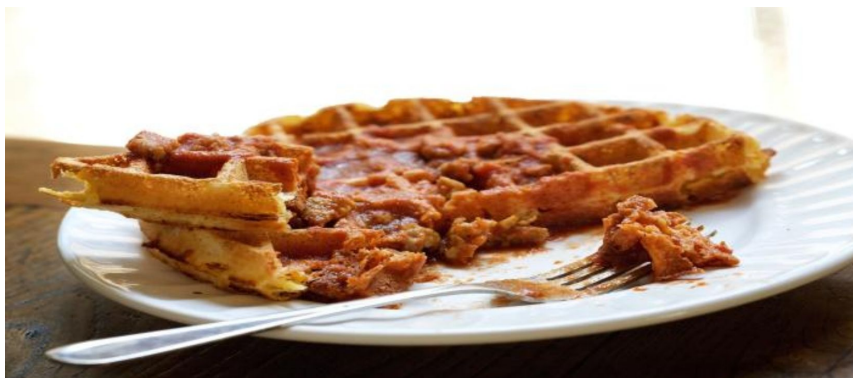
- 2 teaspoons toasted sesame oil
- 1 teaspoon rice vinegar
- 2 tablespoons low-sodium soy sauce
- ½ teaspoon onion powder
- 1 teaspoon garlic powder
- 1 block of tofu, cut into cubes
- 1 tablespoon of potato starch

### Preparation

1. Combine all ingredients in a mixing bowl, except the tofu and potato starch.
2. Combine all ingredients thoroughly.
3. Toss in the tofu in the mixing bowl.
4. Set aside for 30 minutes to marinate.
5. Coat the tofu in potato starch.
6. Place tofu in air fryer basket.
7. Air fry for 20 minutes at 370°F, shaking halfway through.



### 37. Cauliflower waffles with cheese and thyme



- Serve: 2
- Cooking time: 15 minutes

#### Ingredient

- ½ cup of grated mozzarella cheese
- ¼ cup grated parmesan cheese
- Cauliflower ¼ big head
- Kale ½ cup 1 large organic egg
- 1 green onion
- 1/2 tablespoon of olive oil
- 1/2 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/2 tablespoon sesame seeds
- 1 teaspoon of freshly chopped thyme
- ¼ tsp ground black pepper

#### Preparation

1. In a food processor, combine cauliflower, spring onion, collard greens, and thyme, and pulse for 2 to 3 minutes, or until smooth.
2. Pour the mixture into a mixing bowl and stir the remaining ingredients until well combined.
3. Preheat the waffle iron, grease it with oil, and pour in half of the prepared batter, cover, and cook until golden brown and firm.
4. When the waffle is done, transfer it to a plate and repeat it with the remaining batter.
5. Serve immediately.

## 38. Sweet Corn Muffins



- Servings: 1

### Ingredients:

- 1 tbsp. sodium-free baking powder
- $\frac{3}{4}$  c. non-dairy milk
- 1 tsp. pure vanilla extract
- $\frac{1}{2}$  c. sugar
- 1 c. white whole-wheat flour 1 c. cornmeal
- $\frac{1}{2}$  c. canola oil

### Preparation

1. Preheat the oven to 400 degrees Fahrenheit. Set aside a 12-muffin tin lined with paper liners.
2. In a large mixing bowl, whisk the cornmeal, flour, sugar, and baking powder.
3. Stir in the non-dairy milk, oil, and vanilla extract until combined.
4. Evenly distribute the batter among the muffin cups. Bake for 15 minutes with the muffin tin on the middle rack of the oven.
5. Remove from the oven and cool on a wire rack.

### 39. Fresh & fruity Perky Parfait

- Servings: 2
- Cooking time: 0 minutes

#### **Ingredients:**

- ½ cup fresh raspberries
- A pinch of cinnamon
- 1 teaspoon maple syrup
- 2 tablespoons chia seeds
- 16 ounces plain yogurt
- Fresh fruit: sliced blackberries, nectarines or strawberries

#### **Preparation**

1. In a mixing bowl, mash the raspberries with a fork until they are jam-like. Combine the cinnamon, maple syrup, and chia seeds in a mixing bowl. Continue mashing until all of the ingredients are incorporated. Remove from the equation.
2. Alternate layers of yogurt and mixture in two serving glasses. Serve with fresh fruit slices as a garnish.



## 40. Cream Cheese Salmon Toast

- Servings: 2
- Cooking time: 2 minutes

### **Ingredients:**

- Wholemeal or rye toast, two slices
- Red onion, finely chopped, two tablespoons
- Cream cheese, low-fat, two tablespoons
- Basil flakes, half a teaspoon
- Arugula or spinach, chopped, 1/2 cup
- Smoked Salmon, two ounces

### **Preparation**

1. The wheat bread should be toasted. Combine the cream cheese and basil in a mixing bowl and spread it on the toast. Combine the salmon, arugula, and onion in a mixing bowl.

## 41. Peaches with honey almond ricotta



- Serving: 6
- Cooking time: 0 minutes

### Ingredients:

- Ricotta, skim milk, a cup
- honey, a teaspoon
- Almonds, thinly sliced, half a cup
- Almond extract,  $\frac{1}{4}$  teaspoon for serving
- Peaches, sliced, 1 cup
- Bread, whole grain bagel or toast

### Preparation

1. Combine the almond extract, honey, ricotta, and almonds in a mixing bowl. Cover toasted bread with one tablespoon of this mixture and peaches.

## 42. Apple cinnamon fruit bar



- 8 pieces
- Preparation: 20 minutes
- Total: 20 minutes

### **ingredients**

- 125 grams of almonds
- 125 g dried apples
- 150 g dried dates (pitted)
- 1-piece ginger (thumb size)
- 1 tbsp water
- 2 tbsp lemon juice
- 2 tsp cinnamon
- kitchen accessories
- food processor

- baking paper

### **preparation**

1. Crush the almonds in a food processor, mortar or with a cleaver, into pieces of different sizes (max. 0.5 cm). Cut the dried apples (apple rings) into smaller pieces (max. 1 cm). Peel ginger.
2. Place the dates in the food processor (or blender) and the ginger, lemon juice, water, and cinnamon and blend until you have a chewy paste.
3. In a large bowl, knead the paste with the apple pieces and the almonds thoroughly by hand to form an even mass.
4. Line a flat mold with baking paper and press the mass into shape (1-2 cm thick, depending on your preference).
5. Put the mold in the fridge for about 1-2 hours to harden if you can wait. Remove and cut into bars.



### 43. Blue Berry muffins

- Cooking time: 25 minutes

#### **Ingredients:**

- 2½ cups almond flour
- 1 tablespoon coconut flour
- ½ tsp baking powder
- 3 tablespoons ground cinnamon, salt, to taste
- 2 organic eggs
- ¼ cup coconut milk
- ¼ cup coconut oil
- ¼ cup maple syrup
- 1 tablespoon organic vanilla flavouring 1 cup fresh blueberries

#### **Preparation**

1. Preheat oven to 350 degrees Fahrenheit. Using a large muffin tin, grease 10 cups.
2. Combine flours, baking soda, 2 tablespoons cinnamon, and salt in a large mixing bowl.
3. Whisk together the eggs, milk, oil, maple syrup, and vanilla extract in a separate bowl.
4. Stir the egg mixture into the flour mixture until everything is well combined.
5. Gently fold in the blueberries.
6. Evenly distribute a mixture into prepared muffin cups.
7. Evenly sprinkle cinnamon on top.
8. Bake for 22 to 25 minutes, or until a toothpick inserted in the centre comes out clean.

## 44. Blueberry smoothies



### Ingredients:

- 1 banana, peeled
- 2 handfuls of baby spinach
- 1 tablespoon almond butter
- ½ cup blueberries
- ¼ teaspoon ground cinnamon 1 teaspoon maca powder
- ½ cup water
- ½ cup almond milk, unsweetened

### Preparation

1. Combine the spinach, banana, blueberries, almond butter, cinnamon, maca powder, water, and milk in a blender. Pulse until smooth, then pour into a glass and serve.
2. Enjoy!

## 45. Kale Turmeric Scramble



- Cooking time: 10 minutes
- Servings 1

### **Ingredients:**

- olive oil, two tablespoons
- Kale, shredded, 1/2 cup
- sprouts, half a cup
- Garlic, chopped, a tablespoon
- Black pepper, a quarter teaspoon
- Turmeric, ground, a tablespoon of eggs, two

### **Preparation**

1. Combine the eggs, turmeric, black pepper, and garlic in a mixing bowl. Cook the kale in the olive oil for five minutes over medium heat, then pour the egg batter into the pan with the kale. Cook, stirring frequently, until the eggs are fully cooked. Serve with raw sprouts on top.

## 46. Cheese and sausage casserole with Tasty

- Serving: 6
- Cooking time: 20 minutes

### Ingredients:

- ½ tbsp olive oil
- ½ pound sausage
- 2.5 ounces marinara sauce
- 4 ounces grated parmesan cheese
- 4 ounces grated mozzarella cheese

### Preparation

1. Preheat the oven by turning it on and setting the temperature to 375°F.
2. Grease a baking dish, add half of the sausage, scramble it, and spread it out evenly in the bottom of the dish.
3. Spread half of each marinara sauce, parmesan, and mozzarella cheese over the sausage in the baking dish, then top with the remaining sausage.
4. Bake for 20 minutes, or until the sausage is cooked and the cheeses have melted, layering the sausage with the remaining marinara sauce, parmesan, and mozzarella cheese.
5. When the casserole is done, let it cool completely before dividing it into six airtight containers and storing in the refrigerator for up to 12 days.
6. Reheat the casserole in the microwave until hot before serving.

## 47. Golden Milk Chia Pudding

- Serve: 4

### Ingredients:

- 4 cups coconut milk 3 tablespoons honey
- 1 teaspoon vanilla extract
- 1 teaspoon ground turmeric
- ½ teaspoon ground cinnamon
- ½ teaspoon ground ginger
- ¾ cup coconut yogurt
- ½ cup chia seeds
- 1 cup fresh mixed berries
- ¼ cup toasted coconut chips

### Preparation

1. Combine the coconut milk, honey, vanilla extract, turmeric, cinnamon, and ginger in a mixing bowl. Combine the coconut yogurt and the remaining ingredients in a mixing bowl.
2. Combine chia seeds, berries, and coconut chips in separate bowls.
3. Pour the milk mixture into the pot.
4. Chill for 6 hours in the refrigerator to set.

## 48. Carrot Cake Overnight Oats



- Serve: 2

### **Ingredients:**

- coconut or almond milk, 1 cup
- Chia seeds, one tablespoon
- Ground cinnamon, a teaspoon of raisins, half a cup
- Cream cheese, low-fat, two tablespoons of room temperature carrot, a large peel and shreds
- honey, two vanilla tablespoons, one teaspoon

### **preparation**

1. Combine all of the ingredients in a safe refrigerator container and store overnight. In the morning, eat cold. If you want to warm it up, microwave it for one minute and stir thoroughly before eating.



### 49. Honey Pancakes

- Cooking time: 5 minutes
- serve 2

#### **Ingredients:**

- ½ cup almond flour
- 2 tablespoons coconut flour
- 1 tablespoon ground flaxseed
- ¼ tsp baking powder
- ½ tablespoon ground ginger
- ½ tablespoon ground nutmeg
- ½ tablespoon ground cinnamon
- ½ teaspoon ground cloves pinch of salt
- 2 tablespoons organic honey
- ¾ cup organic protein
- ½ teaspoon organic vanilla extract coconut oil, as needed

#### **Preparation**

1. Combine flours, flax seeds, baking soda, spices, and salt in a large mixing bowl.
2. Whisk together the honey, egg whites, and vanilla extract in a separate bowl.
3. Stir the egg mixture into the flour mixture until everything is well combined.
4. Lightly oil a large non-stick skillet and heat over medium-low heat.

5. Pour in about 14 cup of the mixture and tilt the pan to distribute it inside the skillet evenly.
6. Cook for approximately 3–4 minutes.
7. Carefully customize the side and cook for an additional minute.
8. Continue with the rest of the mixture.
9. Garnish with your preferred topping.



## 50. Sweet potato hash



- Cooking time: 15 minutes
- Serving: 6

### **Ingredients:**

- 2 sweet potatoes, cut into cubes
- 2 tablespoons olive oil
- 1 tablespoon of peppers
- 1 teaspoon dried dill herb pepper to taste

### **Preparation**

1. Preheat the air fryer to 400 degrees Fahrenheit.
2. In a mixing bowl, combine all of the ingredients.
3. Place in the air fryer.
4. Cook, stirring every 5 minutes, for 15 minutes.

## CHAPTER TWO Lunch Recipes

### 51. Cheesy Spinach Casserole



- Prep time: 10 minutes
- Cook time: 40 minutes
- Servings: 4

#### Ingredients:

- Non-stick Cooking Spray
- 2 tablespoons pasture butter
- 2 cups chopped onion
- 2 garlic cloves, chopped
- 2 zucchinis, cut into bite-sized pieces
- 2 cups fresh spinach
- 3 eggs, beaten
- ¼ cup whipping cream
- ½ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 1½ cups grated mozzarella cheese
- ½ cup grated parmesan cheese

#### Preparation

1. Preheat the oven to 350 degrees Fahrenheit. Using cooking spray, coat a 9-inch glass pie plate.
2. Melt the butter in a skillet over medium-high heat. Sauté for 2 minutes with the onion and garlic.
3. Cook for another 4 minutes after adding the zucchini. Stir in the spinach until it has wilted. Transfer the mixture to a

spatula and spread it out evenly.

4. Combine the eggs, cream, salt, and pepper in a small mixing bowl. Over the vegetables, pour the mixture.
5. Bake for 30 to 35 minutes, topping with mozzarella and Parmesan cheeses. Warm the dish before serving.

## 52. Cheesy Cauliflower Mac'n'Cheese



- Preparation time: 10 minutes
- Cooking time: 30 minutes
- Serving: 6

### Ingredients:

- Non-stick Cooking Spray
- 1 head of cauliflower, cut into small florets
- 8 ounces heavy (whipping) cream
- 4 ounces shredded sharp cheddar cheese
- 4 ounces grated parmesan cheese
- 2 ounces cream cheese
- 1 teaspoon of salt
- ¼ teaspoon freshly ground black pepper

### Preparation

1. Preheat the oven to 375 degrees Fahrenheit. Using cooking spray, coat an 8-by-8-inch baking dish.
2. Microwave the cauliflower for 3 minutes on high in a microwave-safe bowl. Any excess liquid should be drained.
3. Combine the heavy cream, cheddar, Parmesan, cream cheese, salt, and pepper in a mixing bowl.
4. Toss the cauliflower with the cheese sauce to coat it.

## 53. Pizza Margherita

- Preparation time: 10 minutes
- Cooking time: 5 minutes
- Servings: 1

### **Ingredients:**

- 1 tablespoon psyllium husk powder
- ½ teaspoon dried oregano
- 2 large eggs
- 1 tablespoon avocado oil
- 3 tablespoons low-sugar marinara sauce
- 2 tablespoons grated parmesan cheese
- ½ cup sliced mozzarella cheese
- 1 tablespoon chopped fresh basil

### **Preparation**

1. Preheat oven to 350°F. Line a baking sheet with aluminium foil. Preheat the oven to a low broil setting.
2. In a blender, combine the psyllium husk powder, salt, oregano, and eggs. 30 seconds of blending Remove from the equation.
3. Warm the avocado oil in a sauté pan or skillet over high heat. Fill the pan halfway with the crust mixture and spread it out into a circle.
4. Cook until the crust is golden brown around the edges, then flip and cook for another minute.
5. Place the crust on the prepared baking sheet. Cover the top with the marinara sauce and the Parmesan and mozzarella cheeses.
6. Melt the cheese under the broiler.
7. Enjoy with a basil garnish.

## 54. Creamy Onion Soup

- Preparation Time: 10minutes
- Cooking Time: 65 Minutes
- Servings: 4

### Ingredients:

- 3 tbsp. olive oil
- 3 cups thinly sliced white onions
- 2 garlic cloves, thinly sliced
- 2 tsp. almond flour
- ½ cup dry white wine
- Salt and black pepper to taste
- 2 sprigs chopped thyme
- 2 cups hot vegetable broth
- 2 cups almond milk
- 1 cup grates Swiss cheese

### Preparation

1. In a pot, heat the olive oil. Cook for 10 minutes, or until the onions are softened, stirring frequently to prevent browning. Reduce the heat to low and cook for 15 minutes, stirring occasionally.
2. Add the garlic and continue to cook for another 10 minutes, or until the onions caramelize.
3. Add the almond flour and wine, and turn up the heat. Add the hot vegetable broth and season with salt, black pepper, and thyme.
4. Combine the almond milk and half of the Swiss cheese in a mixing bowl. Stir until the cheese has melted, season with salt and black pepper, and serve the soup.

## 55. Basil zucchini and eggplant



- Preparation time: 10 minutes
- Cooking time: 20 minutes
- Servings: 4

### Ingredients:

- 1 tablespoon olive oil
- 2 zucchinis, sliced
- 1 aubergine, roughly diced
- 2 spring onions, chopped
- 1 tablespoon sweet paprika juice of 1 lime
- 1 teaspoon fennel seeds, crushed salt and black pepper to taste
- 1 tablespoon basil, chopped

### Preparation

1. Heat the oil in a pan, then add the scallions and fennel seeds and cook for 5 minutes.
2. Toss in the zucchinis, eggplant, and remaining ingredients, and cook for another 15 minutes over medium heat.

## 56. Alkaline electric ice



- Preparation time: 15 minutes
- Cooking time: 25 minutes
- Serve: 2

### Ingredients:

- agave syrup
- 3 tablespoons homemade walnut milk
- 2 ripe mangoes
- 2 donkey bananas

### Preparation

1. All of your mangoes should be peeled and then cut into small cubes.
2. Slice the burro bananas after peeling them.
3. Freeze both the banana mango and the pieces on a parchment paper-lined baking sheet.
4. In a food processor, combine the frozen fruit, sweetener, and homemade walnut milk.
5. Blend for a total of 4 minutes.
6. Throughout, you must stop it to push it down and stir it around.
7. Receive and savor your meal.

## 57. Alkaline flatbread





- Preparation time: 5 minutes
- Cooking time: 30 minutes
- Portion: 5

### **Ingredients:**

- 2 cups magic flour
- 2 TBSP. grapeseed oil
- 3/4 cup clean water
- 1 tablespoon. sea-salt
- 2 TEA SPOONS. oregano
- 2 TEA SPOONS. basil
- 2 TEA SPOONS. onion powder
- 1/4 tsp. cayenne

### **Preparation**

1. Whisk together the flour and seasonings until well combined.
2. Combine the oil and 1/2 cup of clean water in a mixing bowl.
3. Dust the workspace with flour and knead the dough for about five minutes before dividing it into six equal portions.
4. Cut each ball into 4-inch circles with a rolling pin.
5. Preheat a non-greased skillet over medium heat.
6. Cook the rolled balls until done, flipping them every 3 minutes.
7. Enjoy.

## **58. Chickpea Burger**

- Preparation time: 5 minutes
- Cooking time: 10 minutes
- Serve: 3

### **Ingredients:**

- 1 cup chickpea flour
- 1/2 cup diced onions
- 1/2 cup diced green peppers
- 1/2 cup diced kale
- 1 diced plum tomato
- 2 TEA SPOONS. oregano
- 2 TEA SPOONS. onion powder
- 2 TEA SPOONS. sea-salt
- 1/2 tsp. ginger powder
- 1/2 tsp. cayenne powder
- 1/2 cup clean water

### **Preparation**

1. Combine all of the vegetables and seasonings, then stir in the flour.
2. Add the water slowly and mix thoroughly until the mixture can be formed into a patty.
3. Pour oil into a skillet and cook the patties for 3 minutes on both sides over medium heat, flipping until brown on both sides.
4. Arrange on alkaline flatbread and serve.
5. Serve.

## 59. Detox smoothies for lunch

- Preparation time: 10 minutes
- Cooking time: 15 minutes
- serve: 2

### **ingredients**

- 2 TBSP. lime juice
- 1/2 cup ginger tea
- 1/2 donkey banana
- 1/2 cup soft jelly coconut water
- 1 cup romaine lettuce
- 1/4 cup blueberries

### **Preparation**

- Prepare the tea and allow it to cool.
- Combine all ingredients in a blender.
- Serve and have fun!

## 60. Nori burritos

- Preparation time: 11 minutes
- Cooking time: 15 minutes
- serve: 2

### Ingredients:

- A handful of germinated cannabis seeds
- 1/2 mango, ripe
- A handful of amaranths
- 1 TBSP. tahini
- sesame seeds, to taste
- 450 grams of cucumber
- 4 sheets of nori seaweed
- 1 zucchini, small
- 1 avocado, ripe

### Preparation

1. Place the Nori sheet on top of the board, sparkling side down.
2. Arrange all of the ingredients on the nori sheet, leaving an inch of space to the right of the nori sheet.
3. Fold the nori sheet up and over the fillings from the edge closest to you.
4. 4. When cutting thick slices, sprinkle with sesame seeds.

## 61. Lemon Garlic Shrimp



- Cooking time: 15 minutes

### Ingredients:

- 1 and ¼ pounds shrimp, boiled or steamed
- 3 tablespoons garlic, chopped
- ¼ cup lemon juice
- 2 tablespoons olive oil
- ¼ cup parsley

### Preparation

1. Heat a small skillet over medium heat, then add the garlic and oil, stirring constantly for 1 minute.
2. Add the parsley and lemon juice, and season to taste with salt and pepper.
3. Place the shrimp in a large mixing bowl and pour the sauce from the skillet over them.
4. Chill before serving.

## 62. Delicious baked turkey balls



- Servings: 6
- Cooking time: 30 minutes

### Ingredients:

- 1-pound ground turkey
- ½ cup fresh breadcrumbs, white or whole wheat
- ½ cup parmesan cheese, freshly grated
- ½ tbsp. Basil, freshly chopped
- ½ tbsp. oregano, freshly chopped 1-pc large egg, beaten
- 1 tablespoon. parsley, freshly chopped 3 tablespoons milk or water
- A pinch of salt and pepper
- A pinch of freshly grated nutmeg

### Preparation

1. Preheat the oven to 350 degrees Fahrenheit.
2. Preheat oven to 350°F. Line two baking pans with parchment paper.
3. In a large mixing bowl, combine all of the ingredients.
4. Roll the mixture into 1-inch balls and place each one in the baking pan.
5. Preheat the oven to 350°F.
6. Bake for 30 minutes, or until the turkey is fully cooked and the surfaces are golden brown.
7. Halfway through cooking, turn the meatballs.

## 63. Cauliflower Rice



- servings: 4
- Cooking time: 10 minutes

### **Ingredients:**

- ¼ cup cooking oil
- 1 tablespoon. coconut oil
- 1 tablespoon. coconut sugar
- 4 cups cauliflower, broken into florets
- ½ tsp. salt

### **Preparation**

1. Process the cauliflower for 1 to 2 minutes in a food processor.
2. In a large skillet over medium heat, heat the oil, then add the rice cauliflower, coconut sugar, and salt.
3. Combine all of the ingredients in a large mixing bowl and cook for 4 to 5 minutes, or until the cauliflower is slightly soft.
4. Finally, pour the coconut milk over everything and enjoy.

## 64. Juicy broccolini with anchovies and almonds



- Servings: 6
- Cooking time: 10 minutes

### Ingredients:

- 2 bunches of broccolini, trimmed
- 1 tablespoon extra-virgin olive oil
- 1 long fresh red chilli, seeded and finely chopped
- 2 garlic cloves, thinly sliced
- ¼ cup natural almonds, roughly chopped
- 2 teaspoons lemon zest, finely grated
- A squeeze of lemon juice, fresh
- 4 anchovies in oil, chopped

### Preparation

1. In a large saucepan, heat the oil until it is very hot. Drain the anchovies and add the garlic, chili, and lemon rind. Cook for 30 seconds, stirring frequently, until aromatic. Cook, stirring frequently, for another minute after adding the almond. Take the pan off the heat and squeeze in some fresh lemon juice.
2. Then, in a steamer basket set over a saucepan of simmering water, place the broccolini. Cook for 2 to 3 minutes, covered, until crisp-tender. Drain well before transferring to a large serving platter. Add the almond mixture on top. Enjoy.



## 65. Curry lentil stew



- Serve: 4
- Cooking time: 15 minutes

### Ingredients:

- 1 tablespoon olive oil 1 onion, chopped
- 2 garlic cloves, chopped
- 1 tablespoon organic curry seasoning
- 4 cups low-sodium organic vegetable broth 1 cup red lentils
- 2 cups butternut squash, cooked 1 cup kale
- 1 teaspoon turmeric sea salt to taste

### Preparation

1. In a large pot over medium heat, sauté the olive oil with the onion and garlic. 3 minutes of sautéing
2. Bring the lentils, vegetable broth, and organic curry seasoning to a boil, then cook for 10 minutes.
3. Add the cooked butternut squash and kale to the mix.
4. Season with salt and turmeric to taste.
5. Serve immediately.

## 66. Lemon Tuna



- Servings: 4
- Cooking time: 18 minutes

### **Ingredients:**

- 4 tuna steaks
- 1 tablespoon olive oil
- ½ teaspoon smoked paprika
- ¼ teaspoon black peppercorns, crushed juice of 1 lemon
- 4 spring onions, chopped
- 1 tbsp chives, chopped

### **Preparation**

1. In a medium-high-heat pan, heat the oil, then add the scallions and cook for 2 minutes.
2. Add the tuna steaks and sear each side for 2 minutes.
3. Toss in the remaining ingredients gently, place the pan in the oven, and bake for 12 minutes at 360 degrees F.
4. To serve for lunch, divide everything between plates and serve.

## 67. Honey Lime Fried Chicken

### Ingredients:

- 1 whole boiling chicken (5 to 6 pounds)
- 1/2 cup lime juice
- 1/4 cup nectar
- 1 tablespoon stone ground mustard or fiery darker mustard 1 teaspoon salt
- 1 teaspoon ground cumin

### Preparation

1. Gently loosen the skin from the entire chicken. In a simmering skillet, place the bosom side up on a rack. Whisk together the lime juice, nectar, mustard, salt, and cumin in a small bowl.
2. Rub 1/3 cup lime juice blend under the skin of the chicken with a turkey baster. Drumsticks should be tied together. Pour the rest of the lime juice mixture over the chicken.
3. Broil for 2-2-1/2 hours, or until a thermometer inserted into the thickest piece of thigh reads 170°-175°. (If the chicken tans too quickly, spread it out with foil.) Allow for a 10-minute rest period before cutting. Before serving, expel and discard the skin if desired.

## 68. Cabbage Soup

- Serving: 6
- Cooking time: 35 minutes

### Ingredients:

- 1 yellow onion, chopped
- 1 head of kale, shredded 2 tablespoons olive oil
- 5 cups vegetable broth
- 1 carrot, peeled and grated
- A pinch of salt and black pepper 1 tablespoon coriander, chopped 2 teaspoons thyme, chopped
- ½ teaspoon smoked paprika
- ½ teaspoon hot paprika powder 1 tablespoon lemon juice

### Preparation

1. Heat the oil in a pot over medium heat, then add the onion and carrot and cook for 5 minutes.
2. Toss in the cabbage and remaining ingredients, cook for another 30 minutes over medium heat, then divide into bowls and serve.

## 69. Shredded chicken gyros



### Ingredients:

- 2 medium onions, split
- 6 garlic cloves, chopped
- 1 teaspoon Lemon Pepper Flavour
- 1 teaspoon dried oregano
- 1/2 teaspoon ground allspice
- 1/2 cup water
- 1/2 cup lemon juice
- 1/4 cup red wine vinegar
- 2 tablespoons olive oil
- 2 pounds of boneless, skinless chicken breasts
- 8 whole flatbreads
- Optional side dishes: tzatziki sauce, shredded romaine, and sliced tomatoes, cucumbers, and onions

### Preparation

1. Combine the first 9 ingredients in a 3-quart slow cooker, including the chicken. Cook on low for 3-4 hours,

covered, or until chicken is tender (a thermometer should read 165° at the very least).

2. Remove the chicken from the slow cooker. Return to the slow cooker after shredding with 2 forks. Place the chicken mixture on pita breads with tongs. Garnish with garnishes.

## 70. Roasted Tofu and Vegetables



- Serve: 4
- Cooking time: 20 minutes

### Ingredients:

- 3 cups baby spinach or kale
- 1 tablespoon sesame oil
- 1 tablespoon ginger, chopped
- 1 garlic clove, chopped
- 1-pound firm tofu, cut into chunks
- 1-inch cube
- 1 tablespoon gluten-free tamari or soy sauce
- ¼ teaspoon red pepper flakes (optional)
- 1 teaspoon rice vinegar
- 2 spring onions, thinly sliced

### Preparation

1. Preheat the oven to 400 degrees Fahrenheit.
2. On a large rimmed baking sheet, combine the spinach, oil, ginger, and garlic.

3. Bake for 3 to 5 minutes, or until the spinach has wilted.
4. Combine the tofu, tamari, and red pepper flakes (if using) in a large mixing bowl.
5. Bake for 10 to 15 minutes, or until tofu begins to brown.
6. Serve with a vinegar and spring onion garnish.

## 71. Tomato Green Salad



- Preparation time: 15 minutes.
- Servings: 4

### Ingredients:

- 6 cups fresh baby greens
- 2 cups cherry tomatoes
- 2 spring onions, chopped
- 2 tablespoons extra virgin olive oil
- 2 tbsp fresh orange juice
- 1 tbsp fresh lemon juice

### Preparation

1. Toss all of the ingredients together in a large mixing bowl to evenly coat them. Refrigerate the bowl for 6-8 hours, covered.
2. Before serving, remove the salad from the refrigerator and toss well.

## 72. Strawberry and apple salad



- Preparation time: 15 minutes.
- Serve: 4

### **Ingredients:**

*For the salad:*

- 4 cups tossed salad, torn
- 2 apples, cored and sliced
- 1 cup fresh strawberries, wrapped and sliced
- ¼ cup pecans, chopped

*For the salad dressing:*

- 3 tbsp apple cider vinegar
- 3 tbsp olive oil
- 1 tbsp agave syrup
- 1 tsp poppy seeds

### **Preparation**

1. In a large mixing bowl, combine all of the salad ingredients and toss well.
2. In a mixing bowl, combine all of the dressing ingredients and whisk until smooth.
3. Toss the salad in the dressing to evenly coat all of the ingredients. Right away, serve.

## 73. Tomato soup



- Preparation time: 15 minutes
- Cooking time: 45 minutes.
- Total time: 1 hour
- Servings: 4

### **Ingredients:**

- 2 tbsp coconut oil
- 2 carrots, roughly chopped
- 1 large white onion, roughly chopped
- 3 garlic cloves, chopped
- 5 large tomatoes, roughly chopped
- 1 tbsp homemade tomato paste
- 3 cups homemade vegetable broth
- ¼ cup fresh basil, chopped
- ¼ cup unsweetened coconut milk
- Sea salt and freshly ground black pepper to taste

### **Preparation**

1. In a large soup pan over medium heat, melt the coconut oil and cook the carrots and onion for about 10 minutes, stirring frequently.
2. Sauté for 1-2 minutes after adding the garlic.
3. Bring to a boil with the tomatoes, tomato paste, basil, broth, salt, and black pepper.
4. Reduce the heat to low and cook for about 30 minutes, uncovered. Remove the pan from the heat and stir in the coconut milk.
5. Blend the soup with an immersion blender until it is completely smooth.
6. Serve immediately.

## 74. Garlic Broccoli



- Preparation time: 10 minutes
- Cooking time: 8 minutes.
- Serve: 2

### **Ingredients:**

- 1 tablespoon extra-virgin olive oil
- 3-4 cloves of garlic, chopped
- 2 cups broccoli florets
- 2 tablespoons tamari

### **Preparation**

1. In a large skillet, heat the oil over medium heat and sauté the garlic for about 1 minute.
2. Stir in the broccoli and cook for 2 minutes.
3. Stir in the tamari and cook for 4-5 minutes, or until desired doneness is reached.
4. Remove the pan from the heat and serve immediately.

## 75. Curry Okra



- Preparation time: 10 minutes
- Cooking time: 15 minutes.
- Servings: 3

### Ingredients:

- 1 tbsp olive oil
- ½ tsp cumin
- ¾ lb okra, trimmed and cut into 2-inch pieces
- ½ tsp curry powder
- ½ tsp red chilli powder
- 1 tsp ground coriander
- Sea salt and freshly ground black pepper to taste

### Preparation

1. In a large skillet, heat the oil over medium heat. Sauté the cumin seeds for about 30 seconds.
2. Stir in the okra and cook for 1-12 minutes.
3. Reduce to a low heat and cook for 6-8 minutes, covered, stirring occasionally.
4. Stir in the curry powder, red chili powder, and coriander.
5. Increase the heat to medium-high and continue to cook, uncovered, for another 2-3 minutes.
6. Remove from the heat and season with salt and pepper. Serve immediately.

## 76. Mushroom Curry

- Preparation time: 20 minutes
- Cooking time: 20 minutes.
- Servings: 4

### Ingredients:

- 2 cup tomatoes, chopped 1 green chilli, chopped
- 1 tsp fresh ginger, chopped
- 2 tbsp olive oil
- ½ tsp cumin
- ¼ tsp ground coriander
- ¼ tsp ground turmeric
- ¼ tsp red chili powder
- 2 cups fresh shiitake mushrooms, sliced 2 cups fresh button mushrooms, sliced 1¼ cups water
- ¼ cup unsweetened coconut milk
- Sea salt and freshly ground black pepper to taste

### Preparation

1. Pulse the tomatoes, green chili, and ginger in a food processor until a smooth paste forms.
2. In a medium-sized skillet, heat the oil. Sauté the cumin seeds for about 1 minute.
3. Sauté for about 1 minute after adding the spices.
4. Cook for 5 minutes after adding the tomato mixture.
5. Bring to a boil with the mushrooms, water, and coconut milk. Cook, stirring occasionally, for 10-12 minutes.
6. Remove from the heat and season with salt and black pepper. Serve immediately.

## 77. Nutty Brussels sprouts

- Preparation time: 15 minutes
- Cooking time: 15 minutes
- Servings: 2

### **Ingredients:**

- ½ pound Brussels sprouts, halved
- 1 tablespoon olive oil
- 2 garlic cloves, chopped
- ½ teaspoon red pepper flakes, crushed
- Sea salt and freshly ground black pepper to taste
- 1 tablespoon fresh lemon juice
- 1 tablespoon of pine nuts

### **Preparation**

1. In a large pot of boiling water, place a steamer basket.
2. Steam the Brussels sprouts in a steamer basket for 6 to 8 minutes, covered.
3. Ensure that the Brussels sprouts are well drained.
4. Heat the oil in a large skillet over medium heat and cook the garlic and red pepper flakes for 40 seconds.
5. Sauté for about 4-5 minutes after adding the Brussels sprouts, salt, and black pepper.
6. Add the lemon juice and cook for another minute. Remove the pan from the heat and stir in the pine nuts.
7. Serve immediately.

## 78. Roasted butternut squash



- Preparation time: 15 minutes
- Cooking time: 45 minutes
- Serving: 6

### **ingredient**

- 8 cups of butternut squash, peel, sow, cube
- 2 tablespoons of melted almond butter
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon cumin
- 1/4 teaspoon red pepper flakes sea salt, taste

### **Preparation**

1. Preheat the oven to 425 degrees Fahrenheit. Arrange foil pieces on two baking sheets. Combine all of the ingredients in a large mixing bowl and toss well to combine.
2. Arrange the squash pieces in a single layer on the prepared baking sheets. Cook for 40-45 minutes at 350°F.
3. Remove the dish from the oven and set it aside to serve.

## 79. broccoli with bell pepper



- Preparation time: 15 minutes
- Cooking time: 10 minutes
- Servings: 4

### Ingredients:

- 2 tablespoons olive oil
- 4 garlic cloves, minced
- 1 large white onion, sliced
- 2 cups of small broccoli florets
- 3 red bell peppers, seeded and sliced
- $\frac{1}{4}$  cup homemade vegetable broth
- Sea salt and freshly ground black pepper, to taste

### Preparation

1. Heat the oil in a large skillet over medium heat and cook the garlic for about 1 minute.
2. Stir fry for 5 minutes with the onion, broccoli, and bell peppers. Stir in the broth and cook for another 4 minutes.
3. Serve immediately.

## 80. Vegetarian Skewers

- Preparation time: 20 minutes
- Cooking time: 10 minutes
- Servings: 4

### **Ingredients:**

*For the marinade:*

- 2 garlic cloves, minced
- 2 teaspoons fresh basil, chopped
- 2 teaspoons fresh oregano, minced
- ½ teaspoon cayenne pepper
- Sea salt and freshly ground black pepper, to taste
- 2 tablespoons fresh lemon juice
- 2 tablespoons olive oil

*For vegetables:*

- 2 large zucchinis, cut into thick slices
- 8 large mushrooms, quartered
- 1 yellow bell pepper, seeded and cubed
- 1 red bell pepper, seeded and cubed

### **Preparation**

1. To make the marinade, combine all of the ingredients in a large mixing bowl and stir well.
2. Toss the vegetables in the marinade to evenly coat them.
3. Cover and marinate the vegetables for at least 6-8 hours in the refrigerator.
4. Soak the wooden skewers for at least 30 minutes in a large bowl of water.
5. Preheat your grill to medium-high. Grease the grill grate generously. Remove the vegetables from the marinade and toss them out.
6. Starting with the zucchini, mushrooms, and bell peppers, thread the vegetables onto the pre-soaked wooden skewers.



7. Grill for 8-10 minutes, or until completely done, flipping once in a while.

## 81. Cajun Vegan Ranch Blackened Tempeh

### Ingredients:

#### *For vegan Cajun*

- ½ cup vegan ranch dressing
- ½ teaspoon paprika and ¼ teaspoon cayenne (or better yet, use ½ Cajun spice).

#### *For blackened tempeh*

- 3 tablespoons Cajun spices (such as black magic),
- 2 tablespoons olive oil,
- zest of ½ lemon,
- ½ sea salt,
- 4 radishes (sliced),
- 1 chives (sliced),
- 1 avocado (sliced),
- Optional; sprouts and ½ cup onion.

### Preparation

1. Combine all of the ingredients for the Cajun dressing in a mixing bowl and stir well while tasting to ensure a strong flavor.
2. Fill a pan halfway with water and season it with salt. Preheat the pan.
3. Place the tempeh in the salted water and make sure it is completely submerged. Cook for 10 minutes to soften and reduce the bitterness of the tempeh.
4. Next, thinly slice the tempeh and coat each slice in Cajun spice.
5. Heat the oil and fry the tempeh until crisp. Then set it aside.
6. Cut the kale into ribbons by removing any sharp stems.
7. Toss the kale in a bowl with 2 tablespoons olive oil, making sure it is evenly coated.
8. Season with a pinch of salt and a smidgeon of lemon zest.
9. Gently massage the kale with your hands to soften it, then toss in the scallion, radishes, pickled onions, and avocado

(if available).

10. Toss in some Cajun dressing and thoroughly combine.
11. Serve it as is or warm up the salad with blackened tempeh and sprouts (this will help preserve it till the next day).

## 82. Chickpea and Avocado Salad Sandwich



### ingredient

- 2 cups of chickpeas rinsed and drained,
- 1 ripe avocado,
- 2 teaspoons of fresh lemon juice,
- ¼ cup blueberries (dried),
- 1 teaspoon of sea salt and pepper,
- 4 slices of bread (whole wheat); optional, red onion or spinach for topping.

### Preparation

1. In a medium bowl, mash chickpeas with a fork, then add avocado and continue to mash until avocado is smooth.
2. Stir in the cranberries and lemon juice, then season with pepper and salt.
3. Refrigerate the dish for no more than 2 days.
4. To serve, toast the bread and spread it with chickpea avocado. It can be topped with red onion or spinach (if desired). Place another toasted slice of bread on top.
5. Your meal is ready to eat.

### 83. vegan burger



- Preparation time: 10 minutes
- Cooking time: 15 minutes
- Servings: 4

#### Ingredients

- ½ cup of spring water
- ½ tsp. powdered cayenne
- ½ tsp. ginger powder
- Grape seed oil as needed
- 1 tsp. dill
- 2 teaspoons. sea salt
- 2 teaspoons. onion powder
- 2 teaspoons. oregano
- 2 teaspoons. basil
- ¼ cup cherry tomatoes, diced
- ½ cup kale, diced
- ½ cup diced green bell peppers
- ½ cup onions, diced
- 1 cup of chickpea flour
- Flat bread to serve

#### Preparation

1. In a mixing bowl, combine the vegetables and seasonings. After that, add the flour. Stir in the spring water slowly until the mixture forms a dough.
2. Form the dough into four patties. In a skillet, cook the patties in grapeseed oil. Each side should be cooked for 2 to 3 minutes.

3. Place on a flatbread and serve.

## 84. alkaline kale

- Preparation time: 10 minutes
- Cooking time: 10 minutes
- Servings: 1

### Ingredients

- Grape seed oil as needed
- ¼ tsp. sea salt
- 1 tsp. ground red pepper
- ¼ cup diced red bell pepper
- ¼ cup onion, diced
- 1 cup chopped kale leaves

### Preparation

1. Heat 2 tablespoons oil in a pan. For 3 minutes, sauté the peppers and onions. After that, season with salt.
2. Reduce the heat to low and add the kale. Cook for 5 minutes with the lid on the pan.
3. Remove the lid and add the crushed pepper. Cover again after a thorough mixing.
4. Remove from the heat and set aside for 3 minutes.

## 85. Elettrit Salad

- Preparation time: 10 minutes
- Cooking time: 0 minutes
- Servings: 4

### **ingredients**

- 3 jalapenos
- 2 red onions
- 1 orange bell pepper
- 1 yellow bell pepper
- 1 cup cherry tomatoes, chopped
- 1 cup kale, chopped
- 1 handful of romaine lettuce
- Olive oil as needed
- Juice of 1 lime

### **Preparation**

1. Thoroughly wash and rinse the ingredients. Cut the ingredients into bite-size pieces after drying them. In a mixing bowl, combine the ingredients and drizzle with olive oil and lemon juice.
2. Serve.

## 86. Dates, Walnuts, Orange and Kale Salad



- Preparation time: 10 minutes
- Cooking time: 0 minutes
- Servings: 2

### **ingredients**

- ½ red onion, sliced
- 6 packed cups baby kale
- 6 pitted Medjool dates
- 1/3 cup walnuts, toasted

### *for the dressing*

- 5 tablespoons. olive oil
- pinch jump
- 1 Medjool date
- 4 tablespoons. orange juice, freshly squeezed
- 2 tablespoons. lemon juice

### **Preparation**

1. Place the pitted dates and nuts in a food processor and pulse until well combined and chopped. Remove from the equation.
2. In a mixing bowl, combine the chopped onion and kale.
3. In a blender, combine all of the dressing ingredients except the olive oil.



4. Blend the mixture and drizzle the oil in a steady stream.
5. Arrange the salad on a platter and serve.

### **87. Spelled pasta, zucchini and aubergine**



- Preparation time: 10 minutes
- Cooking time: 20 minutes
- Servings: 4

#### **ingredients**

- 2 teaspoons of dried basil
- 1 tsp. oregano
- 2/3 cup vegetable broth
- 2/3 cup sun-dried cherry tomatoes, diced
- 1 large zucchini, diced
- 3 medium sized ripe cherry tomatoes, diced
- 1-inch ginger, minced
- 2 white onions, chopped
- 3 tablespoons. olive oil
- 1 large eggplant, diced
- 300 g of spelled pasta
- Sea salt to taste

#### **Preparation**

1. In a pan, heat the oil and cook the eggplant, ginger, and onion for 8 to 10 minutes, stirring occasionally.

2. Cook for 6 to 8 minutes after adding the tomatoes, oregano, and zucchini.
3. Bring a pot of water to a boil and cook the pasta until it is firm to the bite, then add the vegetable broth to the pan. Add fresh pepper, salt, and dried basil to taste. Allow the mixture to simmer, covered, for a few minutes.
4. When the chicken is fully cooked, serve.

### **88. alkalizing millet dish**



- Preparation time: 10 minutes
- Cooking time: 55 minutes
- Servings: 2

#### **ingredients**

- ½ tsp. sea salt
- 2 ½ cups of water
- 1 cup of millet

#### **Preparation**

1. Toast the millet in a dry skillet until golden brown. Cover and add the sea salt and water.
2. Bring the mixture to a boil, then reduce to a low heat and continue to cook until the water has been absorbed, about 25 to 35 minutes.
3. Allow to cool completely before serving with the lid on.

## 89. Green Noodle Salad

- Preparation time: 10 minutes
- Cooking time: 20 minutes
- Servings: 2

### Ingredients

- 1 pinch of sea salt
- 1 cup chopped fresh basil
- 2 tablespoons. lemon juice, fresh
- ¼ cup vegetable broth without yeast
- 1-inch ginger, minced
- 1 cup kale, chopped
- 1 cup of chopped zucchini
- 1 handful of lettuce
- 1 cup of millet noodles

### Preparation

1. Prepare the noodles as directed on the package. Drain and rinse with cold water after that. Remove from the equation.
2. Cut the zucchini into slices and chop the kale. Steam them for a few minutes, until the color pops. Check to see if they're still crunchy.
3. Chop the lettuce and make the dressing: in a food processor, combine the vegetable stock and lemon juice, then add the chopped ginger. For 30 seconds, combine the ingredients.
4. In a large mixing bowl, combine the basil, chopped lettuce, zucchini, kale, and noodle, then pour over the dressing. Season to taste with salt and pepper.
5. Serve.

## 90. pumpkin stew

- Preparation time: 10 minutes
- Cooking time: 15 minutes
- Servings: 4

### **ingredients**

- 1 cup of spring water
- A pinch of cayenne pepper
- Sea salt to taste
- 4 tablespoons. extra virgin olive oil
- 2 teaspoons. thyme
- 1 fennel bulb
- 2 large onions
- 1 cup cherry tomatoes, chopped
- 1 red bell pepper
- 1 yellow bell pepper
- 16 ounces fresh butternut squash

### **Preparation**

1. Chop the bell pepper, tomatoes, and squash into small pieces. After that, dice the fennel and onions.
2. In a pot, heat the oil and cook the onions and fennel for a few minutes.
3. Toss in the bell pepper and squash at this point. After that, stir-fry the mixture for another 8 minutes.
4. Add the alkaline water, thyme, salt, cayenne pepper, and tomatoes and cook until the vegetables are tender but not overcooked.
5. Serve.

## 91. Lemon Tuna



- Servings: 4
- Cooking time: 18 minutes

### **Ingredients:**

- 4 tuna steaks
- 1 tablespoon olive oil
- ½ teaspoon smoked paprika
- ¼ teaspoon crushed black peppercorns Juice of 1 lemon
- 4 spring onions, chopped
- 1 tablespoon chives, chopped

### **Preparation**

1. In a medium-high-heat pan, heat the oil, then add the scallions and cook for 2 minutes.
2. Add the tuna steaks and sear each side for 2 minutes.
3. Toss in the remaining ingredients gently, place the pan in the oven, and bake for 12 minutes at 360 degrees F.
4. To serve for lunch, divide everything between plates and serve.

## 92. Chicken Meatball Soup



- Cooking time: 30 minutes
- Servings 4

### Ingredients:

- 2 pounds boneless, skinless chicken breast, chopped
- 2 tablespoons chopped cilantro
- 2 eggs, beaten
- 1 minced garlic clove
- ¼ cup chopped green onions
- 1 chopped yellow onion
- 1 carrot, sliced
- 1 tablespoon olive oil 5 cups chicken broth
- 1 tablespoon chopped parsley A pinch of salt and black pepper

### Preparation

1. In a mixing bowl, combine the meat, eggs, and remaining ingredients (except the oil, yellow onion, stock, and parsley), stir well, and form medium meatballs from the mixture.
2. In a medium-sized pot, heat the oil over medium heat and brown the yellow onion and meatballs for 5 minutes.
3. Toss in the remaining ingredients, bring to a simmer, and cook for another 25 minutes over medium heat.

4. To serve, ladle the soup into bowls.

### **93. Cabbage and Orange Salad with Citrus Vinaigrette**

- Servings: 8
- Cooking time: 10 minutes

#### **Ingredients:**

- 1 teaspoon orange zest, grated
- 2 tablespoons vegetable broth, reduced sodium
- 1 teaspoon cider vinegar
- 4 cups red cabbage, shredded
- 1 teaspoon lemon juice
- 1 fennel bulb, thinly sliced
- 1 teaspoon balsamic vinegar
- 1 teaspoon raspberry vinegar
- 2 tablespoons fresh orange juice
- 2 oranges, peeled and cut into chunks
- 1 tablespoon honey
- 1/4 teaspoon salt Freshly ground pepper
- 4 teaspoons olive oil

#### **Preparation**

1. In a mixing bowl, whisk together the lemon juice, orange zest, cider vinegar, salt and pepper, broth, oil, honey, orange juice, balsamic vinegar, and raspberry.
2. Take the oranges, fennel, and cabbage out of the bag. Toss to evenly coat.

## 94. Tempeh and Root Bake

- Servings: 4
- Cooking time: 30 minutes

### Ingredients:

- 1 tablespoon extra-virgin olive oil
- 1 large sweet potato, says
- 2 carrots, thinly sliced
- 1 fennel bulb, trimmed and cut into ¼-inch says
- 2 teaspoons minced fresh ginger
- 1 minced garlic clove
- 12 ounces tempeh, cut into ½-inch strips
- ½ cup vegetable broth
- 1 tablespoon gluten-free soy or tamari sauce
- 2 scallions, thinly sliced

### Preparation

1. Preheat the oven to 400 degrees Fahrenheit. Using the oil, grease a baking sheet.
2. Place the sweet potato, carrots, fennel, ginger, and garlic on the baking sheet in a single layer.
3. Bake for 15 minutes, or until the vegetables have softened.
4. Combine the tempeh, broth, and tamari in a mixing bowl.
5. Bake for another 10 to 15 minutes, or until the tempeh is thoroughly heated and lightly browned.
6. Toss in the scallions, mix thoroughly, and serve.



## 95. Green Soup



- Cooking time: 5 minutes
- Servings: 2

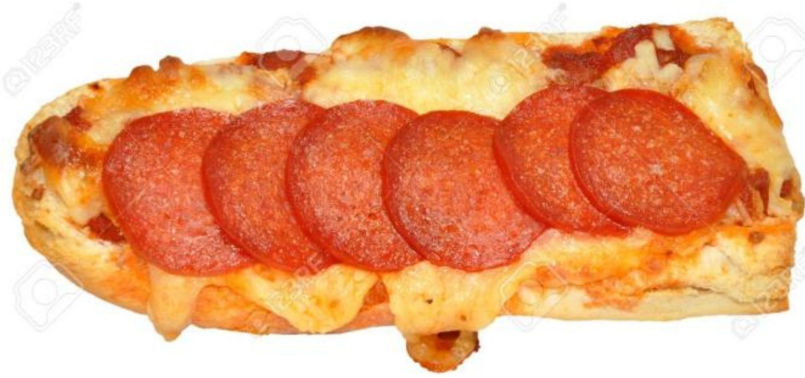
### Ingredients:

- 1 cup of water
- 1 cup spinach, fresh and packed
- ½ of 1 lemon, peeled
- 1 zucchini, small and chopped
- 2 tbsp. Parsley, fresh and chopped
- 1 stalk celery, chopped
- Sea salt and black pepper, as needed
- ½ of 1 avocado, ripe
- ¼ cup basil
- 2 tbsp. chia seeds
- 1 minced garlic clove

### Preparation

1. To make this simple blended soup, combine all of the ingredients in a high-powered blender and blend for 3 minutes, or until completely smooth.
2. You can either serve it cold or warm it up for a few minutes on low heat.

## 96. Pepperoni Pizza Pan



### ingredients

- 1 serving (1 pound) solidified bread mix, thawed
- 2 large eggs, isolated
- 1 tablespoon grated Parmesan cheddar cheese
- 1 tablespoon olive oil
- 1 teaspoon chopped crisp parsley
- 1 teaspoon dried oregano
- 1/2 teaspoon garlic powder
- 1/4 teaspoon pepper
- 8 ounces sliced pepperoni
- 2 cups shredded part-skim mozzarella cheddar cheese
- 1 can (4 ounces) mushroom stems and chunks, drained
- 1/4 to 1/2 cup cured bell pepper rings
- 1 medium green bell pepper, diced
- 1 can (2-1/4 ounces) ready-cut olives
- 1 can (15 ounces) pizza sauce

### Preparation

1. Preheat the oven to 350 degrees Fahrenheit. Turn out the batter into a 15x10-inch square on a lubricated baking sheet. Combine the egg yolks, Parmesan cheddar, oil, parsley, oregano, garlic powder, and pepper in a small bowl. Brush the mixture with a brush.
2. Add the pepperoni, mozzarella cheese, mushrooms, pepper rings, green pepper, and olives to the top. Begin with a long side and work your way up, jamming your way up. Squeeze the crease to seal it and fold the ends under.
3. Brush with egg whites and place the portion with the crease side down. Try not to let the temperature rise. 35-40 minutes, or until mixture is a brilliant dark colour and cooked through. Warm the pizza sauce and serve with a cut portion of pizza.
4. Freeze your choice: Wrap a cooled unsliced pizza portion in unbreakable foil and freeze it. To use, remove 30 minutes before warming from the cooler. Remove from thwart and warm on a lubricated baking sheet in a preheated 325° broiler until thoroughly warmed. Fill in the blanks in a coordinated manner.

## 97. Capellini Soup with Tofu and Shrimp

- Servings: 8
- Cooking time: 20 minutes

### **Ingredients:**

- 4 cups Bok choy, sliced
- 1/4-pound shrimp, peeled and deveined
- 1 block firm tofu, cut into squares
- 1 can sliced water chestnuts, drained
- 1 bunch scallions, sliced
- 2 cups reduced sodium chicken broth
- 2 teaspoons soy sauce, reduced sodium
- 2 cups capellini
- 2 teaspoons sesame oil Freshly ground white pepper
- 1 teaspoon rice wine vinegar

### **Preparation**

1. In a medium-high-heat saucepan, pour the broth. Bring the water to a boil. Combine the shrimp, Bok choy, oil, and sauce in a large mixing bowl. Allow to boil for a few minutes before lowering the heat. Cook for 5 minutes on low heat.
2. Combine the water chestnuts, pepper, vinegar, tofu, capellini, and scallions in a large mixing bowl. Cook for 5 minutes, or until the capellini is just starting to soften. Serve immediately.

## 98. Rice with shrimp and lemon butter

- Servings: 3
- Cooking time: 10 minutes

### **Ingredients:**

- ¼ cup cooked wild rice
- ½ teaspoon Butter, divided
- ¼ teaspoon olive oil
- 1 cup raw shrimp, shelled, deveined and drained
- ¼ cup frozen peas, thawed, rinsed and drained
- 1 tbsp. lemon juice, freshly squeezed
- 1 tablespoon. chives, chopped Pinch sea salt, to taste

### **Preparation**

1. Melt 14 tablespoons butter in a wok over medium heat. Toss in the shrimp and peas. Sauté for 5 to 7 minutes, or until shrimp are coral pink.
2. Stir in the wild rice and cook until it is thoroughly heated, seasoning with salt and butter as needed.
3. Place on a plate. Garnish with chives and lemon juice. Serve.

## 99. cauliflower soup



- Cooking time: 10 minutes

### **Ingredients:**

- $\frac{3}{4}$  cup of water
- 2 teaspoons olive oil
- 1 onion, minced
- 1 head of cauliflower, florets only
- 1 can of whole coconut milk
- 1 teaspoon of turmeric
- 1 teaspoon of ginger
- 1 teaspoon of raw honey

### **Preparation**

1. Combine all of the ingredients in a large stockpot and bring to a boil for about 10 minutes.
2. Blend the soup with an immersion blender until it is smooth. Serve.

## 100. Sweet Potato Black Bean Burgers



- Servings: 6
- Cooking time: 10 minutes

### Ingredients:

- 1/2 jalapeño, seeded and diced
- 1/2 cup quinoa
- 6 whole-grain hamburger buns
- 1 can black beans, rinsed and drained
- Olive oil/coconut oil, for cooking
- 1 sweet potato
- 1/2 cup red onion, chopped
- 4 tablespoons gluten-free oatmeal
- 2 cloves garlic, minced
- 2 teaspoons Cajun hot seasoning
- 1/2 cup cilantro, chopped
- 1 teaspoon cumin
- 1/2 cup sprouts
- Salt to taste
- Pepper to taste
- For the Cream:
  - 2 tablespoons cilantro, chopped
  - 1/2 ripe avocado, diced
  - 4 tablespoons low-fat sour cream/plain Greek yogurt
  - 1 teaspoon lime juice

### Preparation

1. Rinse the quinoa under cold water. Fill a saucepan halfway with water and bring to a boil. Bring the quinoa to a boil.
2. Cover and cook over low heat for about 15 minutes, or until all of the water has been absorbed.

3. Remove the pan from the heat and fluff the quinoa with a fork. After that, transfer the quinoa to a bowl and set aside for 5-10 minutes to cool.
4. Poke the potato with a fork and microwave for a few minutes, or until it is soft and thoroughly cooked. After the potato has been cooked, peel it and set it aside to cool.
5. Combine cooked potato, 1 can black beans, 1/2 cup chopped cilantro, 2 teaspoons Cajun seasoning, 1/2 cup diced onion, 1 teaspoon cumin, and 2 minced garlic cloves in a food processor. Pulse the mixture until it is smooth. Toss it in a bowl with the cooked quinoa.
6. Mix in the oat flour and oat bran. Mix thoroughly and divide into 6 patties. Place patties on a baking sheet and chill for about 30 minutes.
7. In a food processor, combine all of the Crema ingredients. Pulse until the mixture is completely smooth. Refrigerate after adding salt to taste.
8. Lightly grease a cooking pan and place it over medium heat. Cook for 3-4 minutes on each side of the patties until light golden. Serve with crema, sprouts, and buns, as well as any other toppings you like.



## CHAPTER THREE Dinner Recipes

### 101. Egg foo yung

- Preparation time: 10 minutes
- Cooking time: 15 minutes
- Servings: 6

#### Ingredients

- Grape seed oil as needed
- 1 cup of spring water
- 1/8 tsp. ginger powder
- 1/2 tsp. cayenne powder
- 1 tsp. oregano
- 1 tsp. sea salt
- 1 tsp. onion powder
- 1 tsp. basil
- 3/4 cup of chickpea flour
- 1/2 cup of chopped red and white onion
- 1/2 cup green onions, chopped
- 1/2 cup chopped red and green bell peppers
- 1 cup butternut squash, chopped
- 2 cups mushrooms, sliced
- 3 cups of prepared spaghetti squash

#### Preparation

1. Combine the garbanzo flour, seasonings, and spring water in a mixing bowl.
2. Toss in the vegetables and spaghetti squash. To mix, combine the ingredients.

3. Pour 12 cup of the mixture into a skillet coated with grapeseed oil.
4. Form the dough into patties and cook each side for 3 to 4 minutes.
5. Serve.

## 102. Mataroni and Cheese



- Preparation time: 5 minutes
- Cooking time: 45 minutes
- Servings: 8

### ingredients

- 12 oz. kamut paste
- 1 cup of hemp milk
- 1 tsp. be salt
- ½ tsp. all the spice
- ¼ cup of chickpea flour
- ½ pound Brazil nuts, raw and soaked
- Juice of ½ of 1 lime
- 1 cup of spring water
- 2 teaspoons. onion powder
- 2 teaspoons. Grape seed oil

### Preparation

1. Prepare the pasta as directed on the package.
2. Preheat the oven to 350 degrees Fahrenheit.

3. In a blender, combine all of the dressing ingredients and blend until smooth.
4. In a skillet, heat the oil. After that, cook the pasta for 1 minute.
5. Pour the sauce into the skillet and thoroughly combine.
6. Cook the pasta for 30 minutes in the oven.
7. Serve.

### 103. Zuttaini Pasta



- Preparation time: 10 minutes
- Cooking time: 5 minutes
- Servings: 2

#### ingredients

- 4 courgettes, large and spiralized
- $\frac{1}{4}$  tsp. jump
- 2 avocados, chopped
- 2 tablespoons. Grape seed oil
- 1 cup of cherry tomatoes
- $\frac{1}{4}$  cup basil, fresh

#### Preparation

1. In a skillet, heat the oil and cook the zoodles for 5 minutes.
2. Transfer to a large mixing bowl.
3. Add the cherry tomatoes, avocado, salt, and basil and mix well.

4. Combine all ingredients and serve.

## 104. Alkaline Eletttrit Sloppy Joe

- Preparation time: 10 minutes
- Cooking time: 12 minutes
- Servings: 4

### ingredients

- Grape seed oil as needed
- 1/8 tsp. cayenne powder
- 1 tsp. be salt
- 1 tsp. onion powder
- 1 cherry tomato, diced
- ½ cup diced green bell peppers
- ½ cup onion, chopped
- 1 ½ cups homemade alkaline barbecue sauce (made only with ingredients from Dr. Sebi's diet)
- 1 cup of cooked chickpeas
- 2 cups of cooked spelled or Kamut

### Preparation

1. In a food processor, combine the garbanzo beans and spelt and process for 15 seconds.
2. Next, add some oil to a skillet and heat it up.
3. In a skillet, sauté the peppers, onions, and seasonings for 5 minutes.
4. Stir in the food processor's processed mixture, barbeque sauce, and tomato, and continue to cook for another 5 minutes.
5. Serve.

## 105. Elettrit alkaline vegetable lasagna

- Preparation time: 1 hour
- Cooking time: 70 minutes
- Servings: 6

### **pasta ingredients**

- Spelled lasagna sheets as needed

### *meat alternative*

- 1 tsp. fennel powder
- 2 teaspoons. basil
- 2 teaspoons. oregano
- 1 tablespoon. be salt
- 2 tablespoons. onion powder
- ½ cup tomato sauce
- 1 cup diced red bell peppers
- 1 cup of chopped onions
- 1 cup of chickpeas/cooked chickpeas
- 2 cups cooked berries/spelt grains

### *Brazil Nut Cheese*

- 1 tsp. basil
- 1 tsp. oregano
- 1 tsp. be salt
- 1 tablespoon. onion powder
- 1 tablespoon. Hemp seeds
- 1 cup of spring water
- 2 cups of soaked Brazil nuts

### *Additional*

- White mushrooms
- Grape seed oil as needed
- Zucchini as needed

## **Preparation**

1. In a food processor, combine all of the meat substitutes and process until smooth.
2. Heat a skillet over medium heat with a light coating of oil. 5 minutes of sautéing peppers and onions
3. Combine the garbanzo and spelt in a food processor. Cook the mixture for 10 to 12 minutes in a skillet with grapeseed oil.
4. Blend the cheese ingredients with 1 cup of water until smooth in a blender. Pour the remaining tomato sauce into the garbanzo bean and spelt mixture after reserving a cup. Mix.
5. Cut the zucchini and mushrooms into lengthwise slices.
6. Using the reserved tomato sauce, lightly coat the bottom of the dish.
7. Finally, layer the spelt pasta, zucchini slices, garbanzo/spelt mixture, alkaline cheese, white mushrooms, and spelt pasta.
8. Continue until you have four layers of pasta. Then add the garbanzo/spelt mixture and cheese to the final layer.
9. Drizzle the remaining tomato sauce over the lasagna layers and top with dried basil.
10. Bake for 35 to 45 minutes at 350°F.
11. Allow to cool before serving.



## 106. Elettrit alkaline dumplings



- Preparation time: 15 minutes
- Cooking time: 50 minutes
- Portion: 50

### **ingredients**

- Grape seed oil as needed
- 6 cups of homemade tomato sauce
- ½ teaspoon ginger powder
- ½ teaspoon of cayenne powder
- ½ teaspoon ground cloves
- 1 teaspoon dill
- 1 teaspoon sage
- 1 teaspoon salt
- 1 teaspoon of flavour
- 1 teaspoon of fennel powder
- 2 teaspoons. basil
- 2 teaspoons. oregano
- 1 tablespoon. onion powder
- ¼ cup chopped green bell peppers
- ½ cup of chopped onion

- 1 ½ cup of cooked chickpeas
- ½ cup of chickpea flour
- 2 cups of mushrooms

### **Preparation**

1. In a separate pan, sauté the onions and peppers in grapeseed oil before adding them to the tomato sauce mixture.
2. Blend the remaining ingredients in a food processor until well combined.
3. Place a cup of garbanzo bean flour in a mixing bowl with the smooth mixture. Form a ball out of the dough.
4. Prepare the dough balls by rolling them out and setting them aside.
5. In the meantime, lightly oil a skillet and heat it over medium heat.
6. Cook the “meatballs” in batches for about 2 minutes per side in a hot skillet.
7. Simmer the balls in the tomato sauce for 5 minutes.
8. Serve.

## 107. Pizza



- Preparation time: 15 minutes
- Cooking time: 50 minutes
- Servings: 6

### **ingredients for confidence**

- 1 ½ cups spelled flour
- 1 cup of spring water
- ½ teaspoon onion powder
- ½ teaspoon of oregano
- ½ teaspoon of salt
- ½ teaspoon basil
- Cheese
- ¼ teaspoon of salt
- ½ teaspoon basil
- ½ teaspoon of oregano
- ½ teaspoon onion powder
- 1 teaspoon of lemon juice
- ¼ cup hemp milk/nut milk
- ½ cup of spring water
- 1 cup Brazil nuts soaked overnight

- Coverages
- Homemade tomato sauce as needed
- 3 tablespoons. chopped red onion
- ½ plum tomato, sliced

### **Preparation**

1. In a mixing bowl, combine all of the seasonings with the spelt flour, then add half a cup of water. If necessary, add more water.
2. Roll out the dough on a floured surface. Place the dough on a baking sheet that has been lightly greased. Use a fork to make holes.
3. Bake for 10 to 15 minutes at 350°F in a preheated oven.
4. In a blender, combine all cheese ingredients and process until smooth.
5. Once the crust is done, spread the cheese, sauce, and toppings on top.
6. Bake for another 10 to 15 minutes on the bottom rack at 425F. Enjoy.

## 108. Alkaline meatloaf

- Preparation time: 15 minutes
- Cooking time: 70 minutes
- Servings: 1

### Ingredients

- 1 cup of prepared wild rice
- ½ cup homemade tomato sauce, divided
- ½ cup chopped yellow onion, divided
- ½ cup chopped green bell pepper, divided
- 1 minced shallot
- 2 cups of mixed mushrooms, chopped
- ¼ tsp. cloves
- ½ tsp. ginger
- ½ tsp. tarragon
- 1 tsp. thyme
- 1 tsp. wise
- 1 tablespoon. sea salt
- 1 tablespoon. onion powder
- 1 cup of chickpea flour or spelled flour
- 1.5 cups of breadcrumbs (made from spelled flour)
- 2 cups of cooked chickpeas
- Cayenne to taste

### Preparation

1. Wash and dry the wild rice. Prepare the chickpeas and set them aside as well.
2. Combine garbanzo or spelt flour and bread crumbs in a mixing bowl and set aside.

3. Chop the green peppers and onions into half-inch cubes and set aside half of each.
4. Chop the shallots and mushrooms and combine them with chickpeas, half of the onion, half of the green peppers, and spices in a food processor.
5. Pulse the mixture until it is completely combined. Then add the wild rice and 2 tablespoons of tomato sauce. Continue to blend until you have a paste.
6. Pour the contents of the bowl into a mixing bowl. Combine the remaining flour, bread crumbs, onion, and green pepper in a large mixing bowl. Mix thoroughly.
7. Transfer the mixture to a greased baking dish and top with the remaining tomato sauce.
8. Bake for 60 to 70 minutes at 350°F in a preheated oven.
9. Allow to cool before slicing and serving.

## 109. Alkalizing Noodle Bowl with Tahini

- Preparation time: 10 minutes
- Cooking time: 0 minutes
- Servings: 2

### ingredients

- 1 tsp. black sesame seeds
- ½ avocado, chopped
- 2 green onions, chopped
- 4 chopped kale
- 1 parsnip, grated
- 4 romaine lettuce leaves, chopped
- 1 yellow zucchini, spiralized
- bandage
- 1 tsp. agave
- 2 tablespoons. lemon juice
- 1 tablespoon. tahini
- Pinch of salt

### Preparation

1. Chop all of the vegetables and combine them in a large mixing bowl.
2. In a separate bowl, whisk together all of the dressing ingredients.
3. Drizzle the dressing over the vegetables and sprinkle sesame seeds on top.

## 110. Quinoa pasta with sautéed artichokes and tomato



- Preparation time: 10 minutes
- Cooking time: 20 minutes
- Servings: 2

### ingredients

- 2 tablespoons of extra virgin olive oil
- 1 pinch of cayenne pepper
- ½ tsp. be salt
- 3 tablespoons. basil, fresh
- 1 tsp. Vegetables soup
- 1 ounce of walnuts
- 1 fennel bulb
- 1 chopped onion
- 8 ounces artichoke hearts
- 5 ounces cherry tomatoes, fresh
- 7 ounces of quinoa or spelled pasta

### Preparation

1. Steam the artichokes until they are tender. Cook the pasta according to the package directions at the same time. All of the vegetables were chopped.
2. In a large skillet, heat 2 tablespoons oil and cook onions, nuts, and fennel for a few minutes. Cook for 2 minutes after adding the cooked artichokes and tomatoes.



3. Scoop about 12 cup of water into a mixing bowl, then dissolve the vegetable stock in it. Add to a pan and cook on low heat for 2 minutes. Stir frequently.
4. Season with salt and pepper and add the basil.
5. Toss the pasta with the sauce and serve.

### **111. Zucchini Pasta with Avocado Sauce**



- Preparations: 10 minutes
- Cook: 10 minutes

#### **Ingredient**

- Olive oil
- Lemon juice
- Coconut milk
- Salt
- Ripe avocado (½)
- Pepper
- Zucchini (1), cut into noodles

#### **Preparation**

1. In a medium-sized skillet, heat the oil.
2. Toss in your zucchini noodles.
3. Cooking time is only 3 minutes.
4. Combine the avocado, lemon juice, coconut milk, salt, and pepper in a mixing bowl.
5. Toss zucchini noodles with sauce.
6. Continue to cook it.
7. Warm the dish before serving. Enjoy!

## 112. Hash Brown Celery Root Potatoes



- Preparation: 10 minutes
- Cook: 10 minutes

### Ingredient

- Coconut oil
- Pepper
- Salt
- Water
- Celery roots (2-3)

### Preparation

1. Cleaning your celery root and peeling it with a vegetable peeler are the first steps.
2. Place the celery root in the blender and grate it.
3. Place the oil in a skillet and heat it over medium heat.
4. In a skillet, grated celery root should be placed.
5. Season with a pinch of salt.
6. Cook for only 10 minutes on each side.
7. Warm it up before serving.
8. Take pleasure in it!

## 113. Braised kale



- Preparation: 10 minutes
- Cook: 15 minutes

### **Ingredient**

- Water
- Chopped kale (5 cups)
- Salt
- Coconut oil
- Pepper
- ½ red bell pepper, sliced
- Oil
- Celery stalk (2), sliced

### **Preparation**

1. Preheat your pan over medium heat.
2. Combine the coconut oil and apply it to it.
3. 5 minutes is all it takes to cook celery.
4. Combine the kale and red pepper in a mixing bowl.
5. Pour some water over them.
6. Allow your vegetables to wilt for 2 to 3 minutes.
7. If your kale starts to stick to your pan, add some water.
8. Serve immediately, and have fun!

## 114. Sauteed Brussels Sprouts and Carrots

- Preparation: 10 minutes
- Cook: 15 minutes

### Ingredient

- Olive oil (three tablespoons), divided amount
- Pepper
- Cider Vinegar
- Carrots (1 lb.), coarsely chopped
- Water
- Brussels sprouts (1 pound), cut in half lengthwise
- Chopped shallot
- Salt
- Butter

### Preparation

1. Place your fry pan over medium-high heat and heat the oil.
2. Assemble shallots and cook until softened.
3. It should take about 1-2 minutes to cook.
4. Add the carrots, Brussels sprouts, salt, and pepper.
5. Toss the vegetables in the pan until they are brown.
6. 3-4 minutes is a good time to toss it.
7. Mix the water, cook it, and cover it.
8. After 5-8 minutes, combine the remaining butter.
9. Season them with a little more salt and pepper.
10. Turn off the fireplace.
11. Shift to your serving platter.
12. Serve it up and have a good time!

## 115. Tropical Fruit Parfait



- Preparation: 10 minutes
- Cook: 10 minutes

### Ingredient

- Sliced almonds
- butter
- Natural soy yogurt (¼ cup)
- Honey
- Fruit mix (½ cup), diced (kiwi, pineapple, and mango)
- Water

### Preparation

1. Cut your fresh fruit into cubes by slicing and peeling it.
2. Place the cubed fruit in a bowl, top with the soy yogurt, and garnish with sliced almonds.
3. Refrigerate it for about 1 hour if you want to.
4. Serve it up and have a good time!

## 116. Fries with zucchini and garlic



- Preparation: 10 minutes
- Cook: 20 minutes

### Ingredient

- Salt
- Garlic powder
- Water
- Almond flour (½ cup)
- Oil
- Egg whites (2), beaten
- Pepper
- Courgettes (3), cut into fried sticks

### Preparation

1. Preheat the oven to 400 degrees Fahrenheit.
2. Mix all of the ingredients together until the zucchini fries are thoroughly coated.
3. Fries should be placed on a cookie sheet.
4. Put them in the oven to bake.
5. Cooking time is only 20 minutes.
6. Toss the fries halfway through the cooking time.
7. Serve it up and have a good time!

## 117. Braised Leeks, Cauliflower, and Artichoke Hearts

- Preparation: 10 minutes
- Cook: 10 minutes

### Ingredient

- Coconut oil
- Salt
- 2 garlic cloves, minced
- Pepper
- Artichoke hearts (1 ½ cup)
- Water
- Chopped leeks (1 ½ cup)
- Oil
- Cauliflower florets (1 ½ cup)

### Preparation

1. Heat the oil in a skillet over medium-high heat, then add the garlic and fry for 1 minute.
2. Place your vegetables on top of it.
3. Continually toss until your vegetables are done.
4. Serve alongside your roasted chicken and have fun!

## 118. Cinnamon chips with avocado sauce and strawberries

- Preparation: 10 minutes
- Cook: 10 minutes

### Ingredient

- sugar
- Salt
- Fresh cilantro, chopped
- Lime Juice
- Chopped strawberries (1 cup)
- Jalapeno pepper, minced
- Ripe avocado (1 ½ cups), chopped and peeled
- Brown rice tortillas (6 inches)
- Ground Cinnamon
- Olive oil

### Preparation

- Preheat the oven to medium high temperature.
- Prepare your cinnamon by spreading the oil all over your rice tortilla.
- Combine cinnamon and sugar.
- Sprinkle the cinnamon-sugar mixture all over the rice tortilla.
- Cut each tortilla into 12 wedges.
- Place them on your baking tray.
- Put your tortillas in the cooking oven until they are crispy.
- Cook only for 10 minutes.
- Remove them from the oven and keep them warm.
- Meanwhile, prepare your sauce by mixing your remaining components on a plate.
- Mix to combine well.
- Distribute them in their serving bowls.
- Serve it.
- Enjoy!



## 119. Roasted root vegetables



- Preparation: 10 minutes
- Cooking: 1 hour and 30 minutes

### Ingredient

- Olive oil
- Salt
- Garlic (1), peeled
- Golden potatoes (1 ½ lbs), unpeeled
- Pepper
- Large turnip (1), peeled
- Water
- Red onion (1), cut into pieces
- Butternut squash (2 ½ pounds), peeled and seeded, cut into chunks
- Beets (1 ½ lbs), trimmed and rinsed

### Preparation

1. Grease your rimmed baking and rimmed baking sheets.
2. Preheat the oven to 400 degrees Fahrenheit.
3. In a large mixing bowl, thoroughly combine all of the ingredients.
4. Season them with a generous amount of pepper and salt.
5. Place in the oven and roast until golden brown and tender.
6. Remove the pan from the oven for only 15 minutes.
7. Serve it up and have a good time!

## 120. Pasta salad



- Preparation: 20 minutes

### Ingredient

- Black olives ( $\frac{1}{4}$  cup)
- Zucchini (1 cup), sliced
- Alkaline garlic sauce (1 cup)
- Cherry tomatoes ( $\frac{1}{2}$  cup), cut in half
- Bell peppers (1 cup), chopped
- Onions ( $\frac{1}{2}$  cup), chopped
- Spelled pasta (4 cups), cooked
- Willow garlic
- For 1 cup
- Tell
- Onion powder
- Salt
- Shallots ( $\frac{1}{4}$  cup), chopped
- ginger
- Grape seed oil (1 cup)

### Preparation

1. In a mixing bowl, combine all of the ingredients.
2. Toss everything together well and divide between the bowls.
3. Serve it up and have a good time!

## 121. Pork Carnitas



- Servings: 10
- Cooking time: 8 hours. 10 minutes

### **Ingredients:**

- 5 pounds. pork shoulder
- 2 garlic cloves, minced
- 1 teaspoon black pepper
- 1/4 teaspoon cinnamon
- 1 teaspoon dried oregano
- 1 teaspoon ground cumin
- 1 bay leaf
- 2 ounces of chicken broth
- 1 teaspoon lime juice
- 1 tablespoon chili powder
- 1 tablespoon of salt

### **Preparation**

1. In a slow cooker, combine the pork and the remaining ingredients.
2. Cover with its lid and cook on low heat for 8 hours.
3. When the pork is done, shred it with a fork.
4. Place the shredded pork on a baking tray and spread it out evenly.
5. Remove from oven and broil for 10 minutes before serving.

## 122. Simply Sauteed Puff Steak



- Servings: 6
- Cooking time: 8 minutes

### **Ingredients:**

- 6 tilapia fillets
- 2 tablespoons olive oil
- 1 piece of lemon, juice
- Salt and pepper to taste
- $\frac{1}{4}$  cup chopped parsley or cilantro

### **Preparation**

1. In a medium-sized skillet over medium heat, sauté tilapia fillets in olive oil. Cook the fish for 4 minutes on each side, or until it flakes easily with a fork.
2. Season to taste with salt and pepper. Fill each fillet with lemon juice.
3. To serve, sprinkle chopped parsley or cilantro over the cooked fillets.

### 123. Roasted salmon with miso

- Servings: 2
- Cooking time: 20 minutes

#### Ingredients:

- 2 tbsp. Maple Syrup 2 Lemons
- ¼ cup of miso
- ¼ teaspoon Pepper, ground 2 Limes
- 2 ½ pounds Salmon with skin Dash of Cayenne pepper
- 2 tbsp. extra virgin olive oil
- ¼ cup of miso

#### Preparation

1. In a small bowl, whisk together the lime juice and lemon juice until well combined.
2. Add the miso, cayenne pepper, maple syrup, olive oil, and pepper after that. Mix everything together thoroughly.
3. Place the salmon, skin side down, on a parchment paper-lined baking sheet.
4. Brush the salmon with the miso lemon mixture generously.
5. Now, with the cut side up, place the halved lemon and lime pieces on the sides.
6. Bake for an additional 8 to 12 minutes, or until the fish flakes.

## 124. Turkey Sweet Potato Soup

- Servings: 4
- Cooking time: 45 minutes

### Ingredients:

- 2 tablespoons olive oil
- 1 yellow onion, chopped
- 1 green bell pepper chopped
- 2 sweet potatoes, peeled and cubed
- 1-pound turkey breast, skinless, boneless, and cubed
- 1 teaspoon ground cilantro
- A pinch of salt and black pepper
- 1 teaspoon of sweet paprika
- 6 cups of chicken broth Juice of
- 1 lime
- A handful of chopped parsley

### Preparation

1. In a medium-sized pot, heat the oil, then add the onion, bell pepper, and sweet potatoes, stirring constantly for 5 minutes.
2. Add the meat and cook for another 5 minutes.
3. Toss in the remaining ingredients, bring to a simmer, and cook for another 35 minutes over medium heat.
4. To serve, ladle the soup into bowls.

## 125. Steamed Trout with Red Beans and Chili Sauce



- Cooking time: 16 minutes
- Servings: 1

### Ingredients:

- 4 ½ oz cherry tomatoes, half
- 1/4 avocado, unpeeled
- 6 oz skinless sea trout fillet
- Coriander leaves to serve
- 2 teaspoons olive oil Lime wedges, to serve
- 4 ½ oz canned kidney beans, rinsed and drained
- 1/2 red onion, thinly sliced
- 1 tablespoon pickled jalapeños, drained
- 1/2 teaspoon ground cumin
- 4 Sicilian olives/green olives

### Preparation

1. Place a steamer basket over a simmering pot of water. Cook for 10-12 minutes after adding the fish to the basket and covering it.
2. Remove the fish from the pan and set it aside to rest for a few minutes. Meanwhile, heat up some oil in a pan.
3. Combine the pickled jalapeños, red kidney beans, olives, 1/2 teaspoon cumin, and cherry tomatoes in a large mixing bowl. Cook, stirring constantly for about 4-5 minutes.
4. Arrange the bean batter and trout on a serving platter. On top, sprinkle with coriander and onion.

5. Garnish with lime wedges and avocado slices. Steamed ocean trout with red bean and chili salsa is a delicious dish!



## 126. Pumpkin Garlic Noodles

- Servings: 4
- Cooking time: 15 minutes

### Ingredients:

- To prepare sauce
- ¼ cup coconut milk
- 6 big dates
- 2/3g ground coconut
- 6 cloves of garlic
- 2 tablespoons of ginger paste
- 2 tablespoons red curry paste

### *To prepare noodles*

- 1 large boiled pumpkin noodles
- ½ carrots, julienned
- ½ zucchini, julienned 1 small red bell pepper
- ¼ cup cashews

### Preparation

1. To make the sauce, combine all of the ingredients in a blender and puree until smooth.
2. Make spaghetti squash noodles by cutting the squash lengthwise.
3. Brush the baking tray lightly with olive oil and bake the squash noodles for 5-6 minutes at 40°C.
4. To serve, combine the noodles and puree in a mixing bowl. Alternatively, puree can be served alongside the noodles.

## 127. Walnuts And Asparagus Delight



- Servings: 4
- Cooking Time: 5 Minutes

### **Ingredients:**

- 1 and ½ tablespoons olive oil
- ¾ pound asparagus, trimmed
- ¼ cup walnuts, chopped
- Sunflower seeds and pepper to taste

### **Preparation**

1. Preheat a skillet over medium heat and add the olive oil.
2. Toss in the asparagus and cook for 5 minutes, or until browned.
3. Add sunflower seeds and pepper to taste.
4. Turn off the heat.
5. Toss in the walnuts.

## 128. Cauliflower Stew with Turmeric And Cod



- Servings: 4
- Cooking time: 30 minutes

### Ingredients:

- ½ pound cauliflower florets
- 1-pound cod fillets, boneless, skinless, and cubed
- 1 tablespoon olive oil
- 1 yellow onion, chopped
- ½ teaspoon cumin seeds
- 1 green chili, chopped
- ¼ teaspoon of turmeric powder
- 2 tomatoes, chopped
- A pinch of salt and black pepper
- ½ cup chicken broth
- 1 tablespoon chopped coriander

### Preparation

1. In a medium-sized pot, heat the oil, then add the onion, chili, cumin, and turmeric, stirring constantly for 5 minutes.
2. Toss in the cauliflower, fish, and remaining ingredients, bring to a simmer, and cook for another 25 minutes over medium heat.
3. To serve, divide the stew into bowls.

## 129. Strawberry and Goat Cheese Salad



### Ingredients:

- 1-pound crisp strawberries, diced
- Optional: 1 to 2 teaspoons nectar or maple syrup, to taste
- 2 ounces crumbled goat cheddar cheese (about ½ cup)
- ¼ cup chopped crisp basil, plus a couple of basil leaves for garnish
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon thick balsamic vinegar
- ½ teaspoon Maldon flake sea salt or ¼ teaspoon inadequate fine sea salt
- Crunchy ground black pepper

### Preparation

1. On a medium serving platter or shallow serving bowl, spread the diced strawberries. If the strawberries aren't as sweet as you'd like, drizzle them with a little nectar or maple syrup.
2. Scatter the goat cheddar crumbles over the strawberries, followed by the hacked basil. Drizzle olive oil and balsamic vinegar over the top.
3. Finish the plate of mixed greens with a pinch of salt, a few grinds of dark pepper, and the basil leaves you saved. Serve the plate of mixed greens as soon as possible for the best start. Scraps, on the other hand, will keep in the fridge for about three days.

### 130. Italian Style Spiced Tofu And Summer Vegetables



- Servings: 4
- Cooking time: 20 minutes

#### Ingredients:

- 2 large zucchinis, cut into 1/4-inch slices
- 2 large summer squash, sliced 1/4-inch thick
- 1-pound firm tofu, cut into 1-inch cubes
- 1 cup vegetable broth or water
- 3 tablespoons extra virgin olive oil
- 2 cloves garlic, sliced
- 1 teaspoon salt
- 1 teaspoon Italian herb seasoning mix
- 1/4 teaspoon freshly ground black pepper
- 1 tablespoon finely sliced fresh basil

#### Preparation

1. Preheat the oven to 400 degrees Fahrenheit.
2. In a large rimmed baking sheet, mix together the zucchini, squash, tofu, broth, oil, garlic, salt, Italian herb seasoning blend, and pepper.
3. Cook for 20 minutes.
4. Finish with a basil sprig and serve.

### 131. Grilled Herb Salmon Fillet

- Servings: 4
- Cooking time: 5 minutes

### **Ingredients:**

- 1-pound salmon steak, rinsed
- 1/8 teaspoon cayenne pepper
- 1 teaspoon chili powder
- 1/2 teaspoon cumin
- 2 garlic cloves, minced 1 tablespoon olive oil
- 3/4 teaspoon salt
- 1 teaspoon freshly ground black pepper

### **Preparation**

- Preheat oven to 350 degrees Fahrenheit.
- Combine cayenne pepper, chili powder, cumin, salt, and black pepper in a mixing bowl. Remove from the equation.
- Drizzle the salmon steak with olive oil. Rub both sides of the object. Garlic and spice mixture should be rubbed together. Allow for a 10-minute rest period.
- Prepare an ovenproof skillet after the flavours have melded. Heat the olive oil in a saucepan. Season the salmon for 4 minutes on both sides once the pan is hot.
- Place the skillet in the oven. 10 minutes in the oven  
Serve.

## 132. Avocado Pesto Zoodles with Salmon



- Servings: 4
- Cooking time: 25 minutes

### Ingredients:

- 1 tablespoon pesto
- 1 lemon
- 2 frozen/fresh salmon fillets
- 1 large zucchini, spiralized
- 1 tablespoon black pepper
- 1 avocado
- 1/4 cup Parmesan cheese, grated Italian seasoning

### Preparation

1. Preheat the oven to 375 degrees Fahrenheit. Bake for 20 minutes after seasoning the salmon with Italian seasoning, salt, and pepper.
2. Toss avocados with a tablespoon of pepper, lemon juice, and a tablespoon of pesto in a mixing bowl. Keep the avocados mashed and set aside.
3. Arrange zucchini noodles, avocado mixture, and salmon on a serving platter.
4. Garnish with grated cheese. If necessary, add more pesto. Enjoy!

### 133. Sweet Potato and Chicken Soup with Lentils



- Servings: 6
- Cooking time: 35 minutes

#### **Ingredients:**

- 10 stalks of celery
- 1 homemade or roast chicken
- 2 medium sweet potatoes
- 5 oz French lenses
- 2 tablespoons fresh lime juice
- ½ bite-sized head endive
- 6 thinly sliced garlic cloves
- ½ cup dill (finely chopped)
- 1 tablespoon kosher salt
- 2 tablespoons of extra virgin oil

#### **Preparation**

1. Boil 8 ounces of water with salt, chicken carcass, lentils, and sweet potatoes on high heat.
2. Cook for about 10-12 minutes, skimming off any foam that forms on top.
3. Cook garlic and celery in oil for almost 10 minutes, or until tender and light brown, then stir in shredded roast chicken.
4. Pour this mixture into the escarole soup and cook for 5 minutes on medium heat, stirring constantly.
5. Stir in the dill and lemon juice. Season the hot soup with salt before serving.



## 134. Coconut green curry with boiled rice

- Servings: 8
- Cooking time: 20 minutes

### Ingredients:

- 2 tablespoons olive oil 12 ounces tofu
- 2 medium sweet potatoes (cut into cubes) Salt to taste
- 3 1/4 ounces coconut milk
- 4 tablespoons green curry paste
- 3 cups broccoli florets

### Preparation

1. Drain the excess water from the tofu and cook it on a medium heat. Season it with salt and cook it for 12 minutes.
2. Simmer coconut milk, green curry paste, and sweet potato for 5 minutes over medium heat.
3. Now add the broccoli and tofu and cook for about 5 minutes, or until the color of the broccoli changes.
4. Top this coconut and green curry with a handful of cooked rice and a sprinkling of raisins.

## 135. Pan-Seared Turkey Breast With Browned Vegetables

- Servings: 4
- Cooking time: 45 minutes

### Ingredients:

- 2 tablespoons unsalted butter, at room temperature
- 1 medium acorn squash, seeded and thinly sliced
- 2 large golden beets, peeled and thinly sliced
- ½ medium yellow onion, thinly sliced
- ½ boneless, skin-on turkey breast (1 to 2 pounds)
- 2 tablespoons honey
- 1 teaspoon salt
- 1 teaspoon of turmeric
- ¼ teaspoon freshly ground black pepper
- 1 cup chicken or vegetable broth

### Preparation

1. Preheat the oven to 400 degrees Fahrenheit. Using the butter, grease the baking sheet.
2. Arrange the squash, beets, and onion on the baking sheet in a single layer. Place the turkey skin-side up in a roasting pan. Drizzle the honey on top. Add the broth and season with salt, turmeric, and pepper.
3. Roast for 35 to 45 minutes, or until an instant-read thermometer reads 165°F in the center. Remove from the oven and set aside for 5 minutes to cool.
4. Cut into slices and serve.

## 136. Meatballs Alla Parmigiana



### Ingredients:

#### *for the meatballs*

- ½ cup ground patty (80/20)
- 2 tablespoons crisp parsley, chopped
- ¾ cup grated Parmesan cheddar cheese
- ½ cup almond flour
- 2 eggs
- 1 teaspoon of salt in the form
- ¼ teaspoon ground black pepper
- ¼ teaspoon garlic powder
- 1 teaspoon dried onion drops
- ¼ teaspoon dried oregano
- ½ Cup of warm water

#### *For the Parmesan*

- 1 cup plain keto marinara sauce (or any locally sourced sugar-free marinara)
- 4 ounces of cheddar mozzarella

### Preparation

1. In a large mixing bowl, combine all of the meatball fixings and mix thoroughly.
2. Form into fifteen 2-inch meatballs.
3. Bake for 20 minutes at 350 degrees (F) OR fry until cooked through in a large skillet over medium heat. If you have any bacon oil on hand, try searing it in it to add another layer of flavour. Fricasseeing is responsible for

the brilliant dark coloured shading seen in the images above.

*Parmigiana Reggiana:*

4. Transfer the cooked meatballs to a heat-safe dish.
5. Drizzle about 1 tablespoon of sauce over each meatball.
6. Top each with about 1/4 oz. mozzarella cheddar cheese.
7. Bake for 20 minutes (40 minutes if meatballs are solidified) at 350°F, or until heated through and the cheddar is melted.
8. Whenever desired, garnish with fresh parsley.

### 137. Chicken Parmesan Meatballs



#### **Ingredients:**

- 2 pounds ground chicken
- 3/4 cup gluten-free panko panko breadcrumbs will work just fine
- 1/4 cup finely chopped onion
- 2 tablespoons chopped parsley
- 2 cloves garlic, minced
- 1 small lemon
- 1 teaspoon 2 eggs
- 3/4 cup shredded Pecorino Romano or Parmesan cheddar cheese
- 1 teaspoon genuine salt
- 1/2 teaspoon crisp ground dark pepper

- 1 quart Five Minute Marinara Sauce
- 4-6 ounces crispy cut mozzarella

### **Preparation**

1. Preheat the oven to 400°F and position the broiler rack in the upper third of the oven. Combine everything except the marinara and mozzarella in a large mixing bowl. Using your hands or a large spoon, gently combine the ingredients. Scoop into small meatballs and place on a foil-lined baking sheet. To make the meatballs fit on the plate, place them close together. Place a half tablespoon of sauce on top of each meatball. 15 minutes in the oven
2. Remove the meatballs from the stove and turn up the broiler temperature. Top each meatball with an extra half tablespoon of sauce and a small square of mozzarella. (I cut the slight cuts into 1” square pieces.) Broil for an additional 3 minutes, or until the cheddar has softened and brightened. Serve with extra sauce on the side. Appreciate!

## 138. Mushroom and Beetroot Soup

- Servings: 4
- Cooking time: 40 minutes

### Ingredients:

- 2 tablespoons olive oil
- 1 yellow onion, chopped
- 2 beets, peeled and cut into large cubes
- 1-pound white button mushrooms, sliced
- 2 garlic cloves, minced
- 1 tablespoon tomato paste
- 5 cups vegetable broth
- 1 tablespoon chopped parsley

### Preparation

1. Heat the oil in a pot over medium heat, then add the onion and garlic and cook for 5 minutes.
2. Add the mushrooms, stir, and cook for another 5 minutes.
3. Add the beets and remaining ingredients, bring to a simmer, and cook for another 30 minutes over medium heat, stirring occasionally.
4. To serve, ladle the soup into bowls.

## 139. Salmon and Saffron Soup

- Servings: 4
- Cooking time: 20 minutes

### Ingredients:

- ¼ cup extra virgin olive oil
- 2 leeks, white parts only, thinly sliced
- 2 medium carrots, thinly sliced
- 2 cloves garlic, thinly sliced
- 4 cups vegetable broth
- 1-pound skinless salmon fillets, cut into 1-inch pieces
- 1 teaspoon salt
- ¼ teaspoon freshly ground black pepper
- ¼ teaspoon saffron strands
- 2 cups baby spinach
- ½ cup dry white wine
- 2 tablespoons chopped chives, both white and green parts
- 2 tablespoons finely chopped fresh flat-leaf parsley

### Preparation

1. In a large pot, heat the oil on high.
2. Add the leeks, carrots, and garlic and cook for 5 to 7 minutes, or until softened.
3. Bring the broth to a boil.
4. Add the salmon, salt, pepper, and saffron to the pan and simmer. Cook for about 8 minutes, or until the salmon is cooked through.
5. Stir in the spinach, wine, scallions, and parsley, and cook for 1 to 2 minutes, or until the spinach has wilted.



## 140. Italian summer squash soup



- Servings: 4
- Cooking time: 15 minutes

### Ingredients:

- 3 tablespoons extra virgin olive oil
- 1 small red onion, thinly sliced
- 1 minced garlic clove
- 1 cup of grated zucchini
- 1 cup grated yellow squash
- ½ cup grated carrot 3 cups vegetable broth
- 1 teaspoon salt
- 2 tablespoons finely chopped fresh basil
- 1 tablespoon finely chopped fresh chives
- 2 tablespoons pine nuts

### Preparation

1. In a large pot, heat the oil over high heat.
2. Add the onion and garlic and cook for 5 to 7 minutes, or until softened.
3. Add the zucchini, yellow squash, and carrot and cook for 1 to 2 minutes, or until softened.
4. Add the broth and salt to the pot and bring to a boil. In 1 to 2 minutes, bring to a boil.
5. Toss in the basil and chives and serve with pine nuts on top.

## 141. Strawberry daiquiri



- Preparation Time: 10 Minutes
- Cooking time: 24 minutes
- Servings: 4

### ingredients

- 1 can (10 ounces) frozen strawberry daiquiri concentrate
- 1 can (10 ounces) frozen strawberry daiquiri concentrate
- 1 ½ cups frozen strawberries
- 1 cup ice cube

### Preparation

1. Blend all of the ingredients together in a blender until all of the ice is crushed.
2. To achieve the desired texture, add more ice cubes.

## 142. Diabetic Virgin White Sangria

- Minutes Cook Time: 4 Minutes
- Servings: 1

### ingredients

- 4 cups Ocean Spray White Cranberry Juice with Splenda
- 2 cups fresh fruit, sliced
- 1 cup diet lemon-lime soda
- 1 lime, juice

### Preparation

1. In a large pitcher, combine all ingredients except soda and chill for at least 1 hour.
2. Add the soda just before serving. Decorate with a delicious fruit garnish.

## 143. Mow Cola Chicken

- Preparation Time: 15 Minutes
- Cooking time: 14 minutes
- Servings: 1

### Ingredients

- 16 ounces boneless chicken breasts 1 can (12 ounces) diet cola
- 1 cup tomato sauce

### Preparation

- Place chicken in slow cooker, top with tomato sauce, then pour cola over everything.
- Cook for 6-8 hours on low heat.

## 144. Low Carb Sweet and Sour Chicken



- Preparation Time: 15 Minutes
- Cooking time: 4 minutes
- Servings: 2

### ingredients

- 1 -11 / 2 lbs. boneless chicken, cut up
- 1 cup white onion (you can leave the large pieces so you can scoop them out) 12 ounces diet orange soda (Diet Rite Tangerine works great)
- 2 tablespoons soy sauce
- 2 tablespoons white vinegar 1 teaspoon ground ginger
- 1 / 2 teaspoon garlic powder
- 1 / 4 teaspoon cayenne pepper Black pepper, to taste

### Preparation

1. In a non-stick skillet sprayed with cooking spray, brown the chicken and onions.
2. Add the remaining ingredients after the chicken has been browned.
3. Cover and cook for 20 minutes, or until chicken is tender and fully cooked.
4. Remove the lid and reduce the liquid to a syrupy consistency.
5. Thicken the sauce with a pinch of arrowroot powder if desired.

## 145. low calorie fruit smoothie



### Ingredients

- 1 piece of maracuja or passion fruit
- 1 green apple
- $\frac{1}{3}$  cup of diced pineapple (50 g)
- One lemon's juice
- 1 glass of water (200ml)

### Preparation

1. To remove the pulp from the passion fruit, we must first wash and peel it. We'll proceed in the same manner with the pineapple.
2. After that, we'll wash the apple and cut it into four sections to remove the seeds later.
3. We'll just need to add the glass of water, the lemon juice, the passion fruit pulp, and the green apple cut into pieces to the blender that's already there.
4. Finally, beat vigorously until the drink is homogeneous. The lumps of passion fruit seeds, as well as traces of apple peel, will stand out. Nothing happens; just drink it calmly because it's good for you.

## 146. Mushroom, spinach and turmeric frittata

- Preparation time: 10 minutes
- Cooking time: 40 minutes
- Servings: 6

### Ingredients:

- ½ teaspoon pepper
- ½ teaspoon of salt
- 1 teaspoon turmeric 5 ounces firm tofu 4 large eggs
- 6 large egg whites
- ¼ cup of water
- 1-pound fresh spinach
- 6 cloves garlic, freshly minced 1 large onion, minced
- 1-pound mushrooms, sliced

### Preparation

1. Preheat oven to 350°F and grease a 10-inch non-stick ovenproof skillet.
2. Add mushrooms to a skillet over medium-high heat. Cook until golden brown on both sides.
3. Add the garlic and cook for 30 seconds.
4. Add the water and spinach and cook, covered, for about 2 minutes, or until the spinach is wilted.
5. Puree pepper, salt, turmeric, tofu, eggs, and egg whites in a blender until smooth. Once the liquid has completely evaporated, pour into the skillet.
6. Place skillet in oven and bake for 25-30 minutes, or until centre is set.
7. Take the skillet out of the oven and set it aside for ten minutes before inverting it onto a serving plate.

## 147. Tropical Fruit Parfait



- Preparation time: 10 minutes
- Cooking time: 10 minutes
- Servings: 1

### Ingredients:

- 1 tablespoon. sliced toasted almonds
- $\frac{1}{4}$  cup plain soy yogurt
- $\frac{1}{2}$  cup mixed fruit cut into  $\frac{1}{2}$ -inch cubes (pineapple, mango, and kiwi)

### Preparation

1. Peeling and slicing fresh fruit into  $\frac{1}{2}$ -inch cubes is a good way to start. In a bowl, combine the cubed fruit and a dollop of soy yogurt.
2. Serve with sliced almonds as a garnish and, if desired, chill for an hour before serving.

## 148. Sauteed Brussels Sprouts and Carrots



- Prep Time: 10 minutes
- Cook Time: 15 minutes
- Servings: 6

### Ingredients:

- 1 tablespoon. cider vinegar
- 1/3 cup water
- 1-pound Brussels sprouts, cut in half lengthwise
- 1-pound carrots, cut diagonally into 1/2-inch-thick pieces
- 3 tbsp. olive oil, divided
- 2 tbsp. minced shallot
- 1/2 teaspoon pepper
- 3/4 teaspoon salt

### Preparation

1. Heat 2 tbsp. oil in a non-stick medium fry pan over medium-high heat.
2. Combine shallots and cook, stirring occasionally, until softened, about one to two minutes.
3. Toss in the Brussels sprouts, carrots, and pepper salt. Stir fry for 3 to 4 minutes, or until the vegetables begin to brown on the edges.
4. Pour in the water, cover, and cook.
5. Add the remaining butter after 5 to 8 minutes, or when the vegetables are soft.
6. Taste and season with more pepper and salt if necessary.
7. Remove from heat, transfer to a serving platter, and serve.

## 149. Curried vegetables and poached eggs





- Preparation time: 10 minutes
- Cooking time: 50 minutes
- Servings: 4

### **Ingredients:**

- 4 large eggs
- ½ teaspoon white vinegar
- 1/8 teaspoon crushed red bell pepper – optional
- 1 cup water
- 1 14-ounce can chick peas, drained
- 2 medium zucchinis, diced
- ½ pound sliced mushrooms
- 1 tbsp. yellow curry powder
- 2 garlic cloves, minced
- 1 large onion, minced
- 2 teaspoons extra virgin olive oil

### **Preparation**

1. Heat oil in a large saucepan over medium-high heat.
2. Cook for four to five minutes, or until onions are tender.
3. Cook for another half minute with the garlic and salt.
4. Stir in the curry powder and cook for one to two minutes, or until fragrant.
5. Stir in the mushrooms, cover, and cook for 5 to 8 minutes, or until tender and liquid has evaporated.
6. Add the red pepper, water, chickpeas, and zucchini, if using. Toss everything together and bring to a boil.
7. Once boiling, reduce to a low heat, cover, and cook for 15 to 20 minutes, or until zucchini is tender.

8. In the meantime, bring a small pot filled with 3 inches of water to a boil over high heat.
9. Once the water has reached a boil, reduce the heat to a low heat and stir in the vinegar.
10. Gently slip one egg into the water, one at a time. Allow to cook for 3 to 5 minutes, or until the egg is done.
11. Remove the egg with a slotted spoon and place it on a plate, one egg per plate.
12. Continue with the remaining eggs.
13. When the vegetables are done cooking, divide them into four servings and place one serving on each egg plate.
14. Take a bite and relax.

## 150. Braised Kale



- Preparation Time: 10minutes
- Cooking Time: 15 minutes

### **Ingredients:**

- 2 to 3 tbsp. water
- 1 tbsp. coconut oil
- ½ sliced red pepper
- 2 stalk celery (sliced to ¼-inch thick)
- 5 cups of chopped kale

### **Preparation ‘**

1. Over medium heat, heat a pan.
2. Cook for at least five minutes with the celery and coconut oil. Combine the kale and red pepper in a mixing bowl.
3. A tablespoon of water should be added to the mix.
4. Allow a few minutes for the vegetables to wilt. If the kale sticks to the pan, add a tablespoon of water.
5. Warm food is best.

## CHAPTER FOUR Desserts and Snacks

### 151. Orange and blueberry cheesecake



- Preparation time: overnight
- Servings: 8

#### **ingredients**

- 2 cups of raw walnuts
- A pinch of salt
- 1 cup of dates or raisins

#### *For the orange shots*

- 3 cups of nuts
- ½ cup of agave
- Juice of 1 lemon
- A pinch of salt
- ¾ cup fresh orange juice
- ½ cup of melted coconut oil

#### *For the blueberry layer*

- ¼ cup orange cheesecake mix
- 2 cups of blueberries

## **Preparation**

1. For the crust: add the nuts and dates to a food processor and process until the mixture sticks together when you press it. Refrigerate the mixture after pressing it into the bottom of your pan.
2. To make the orange cheesecake, combine all of the ingredients in a blender, except the orange zest, and blend until smooth and creamy. Add the orange zest and set aside 14 cup of the mixture for the topping. Pour the remaining mixture onto the crust and freeze it.
3. Make the blueberry layer: In a food processor, combine the blueberries and 14 cup of the cheesecake mixture and process until it forms a creamy mixture with a few blueberry pieces for texture.
4. Pour the mixture over the cheesecake and refrigerate it overnight.
5. Serve.

## 152. Coconut cake



- Preparation time: 2 hours
- Servings: 6

### ingredients

- 2 cups of nuts
- 12 pitted dates
- $\frac{1}{2}$  tsp. sea salt plus  $\frac{1}{4}$  for the filling
- 1 lime
- 4 tablespoons. coconut oil
- 4 tablespoons. agave
- Spring water as needed
- 4 tablespoons. grated coconut
- 4 tablespoons. coconut butter
- Coconut flakes to decorate

### Preparation

1. In a food processor, combine the dates, 1 cup walnuts, and salt for 15 seconds.
2. Line a springform pan with parchment paper and pour the mixture into it. Fill the cups halfway with the mixture.
3. In a blender, combine a cup of walnuts, a cup of spring water, 14 teaspoon salt, 1 key lime juice, coconut oil,

agave, shredded coconut, and coconut butter, and blend until smooth.

4. Spoon the filling into the pan's crust and top with coconut flakes.
5. Freeze for at least 2 hours before serving.

### **153. Blueberry Cake**

#### **Ingredients:**

- 120 g (1 cup) of wheat flour
- 5 g (1 teaspoon) baking powder (Royal Baking Powder)
- 2.5 g salt (1/2 teaspoon)
- 240 g unsalted butter, at room temperature
- 200g (1 cup) sugar
- 1 pinch of nutmeg (optional)
- 1/2 teaspoon (2.5 ml) vanilla extract
- 2 large eggs
- 2 cups blueberries (thawed if not fresh)
- 5 ml (1 teaspoon) lemon juice
- icing sugar to decorate

#### **Preparation**

1. Preheat the oven to 180°C (350°F)
2. Butter and flour were used to coat a Springform mould. If we don't have one, a regular round cake mould with baking paper underneath will suffice.
3. Combine the flour, baking powder, nutmeg, and salt in a medium mixing bowl.
4. For 2 minutes, beat the butter on high speed.
5. Continue to beat in the sugar and vanilla until light and fluffy (about 2 more minutes).
6. Add the eggs one at a time, mixing well after each addition.
7. Then reduce the speed to a low setting and stir in the flour mixture.
8. Pour the dough into the mould once everything is smooth.
9. Combine the blueberries, a teaspoon of flour, and the lemon juice in a separate bowl.

10. The blueberries were spread on top of the dough.
11. Bake for about an hour, or until a toothpick inserted in the centre comes out clean.
12. Allow the cake to cool in the pan for 10 minutes before removing it.
13. We use icing sugar to decorate our blueberry cake.



## 154. Banana cream pie

- Preparation time: 20 minutes
- Servings: 8

### ingredients

- ¼ tsp. Salt
- ¼ cup of agave
- 1 ½ cups dates, pitted
- 1 ½ cups unsweetened coconut flakes

### *cake mix*

- 1 cup of coconut cream
- 3 tablespoons. agave
- 1/8 tsp. sea salt
- 1 cup of hemp milk
- 6 small bananas

### Preparation

1. In a food processor, combine all of the crust ingredients and process for 30 seconds, or until a ball forms.
2. Line a springform pan with parchment paper and evenly spread out the formed crust mixture.
3. Line the inside of the pan with thinly sliced banana slices and place it in the freezer.
4. Combine the ingredients for the pie filling in a large mixing bowl with an electric mixer.
5. Pour the mixture into the pan and shake it to even out the sides. Cover with foil and place in the freezer to set for 3 to 4 hours.
6. Remove from the pan and sprinkle with coconut flakes.

## 155. Cheese making



- Preparation time: 4 hours
- Servings: 8

### Ingredients

- 1 ½ cups of hemp or nut milk
- ¼ tsp. sea salt
- ¼ cup of agave
- 2 tablespoons. lime juice
- 1 tablespoon. sea moss gel
- 6 dates
- 2 cups of nuts
- ¼ tsp. sea salt
- ¼ cup of agave
- 1 ½ cups of coconut flakes
- 1 ½ cups of dates
- Mixed berries, sliced
- Mango, sliced

### Preparation

1. In a food processor, combine all of the crust ingredients and process for 20 seconds.

2. Butter a springform pan and line it with parchment paper. Pour the batter into the prepared pan.
3. Line the pan's corners with thinly sliced mango slices and place it in the freezer.
4. In a blender, combine all of the ingredients for the cheesecake mixture until smooth. Cover with foil after pouring this mixture on top of the crust. Allow 4 hours for the cheesecake to set.
5. Arrange the toppings on top and serve.

## 156. Donuts



- Preparation time: 20 minutes
- Cooking time: 14 minutes
- Servings: 12

### **ingredients**

- Grapeseed oil as needed
- $\frac{1}{4}$  tsp. ground clove
- $\frac{1}{2}$  tsp. be salt
- 1 tsp. sea moss gel
- $\frac{1}{4}$  cup alkaline applesauce
- $\frac{1}{4}$  cup sparkling spring water
- $\frac{3}{4}$  cup of agave
- $\frac{3}{4}$  cup of spelled flour
- $\frac{3}{4}$  cup of chickpea flour
- Coconut oil and agave glaze as needed
- Coconut flakes as needed

### *alkaline apple sauce*

- $\frac{1}{8}$  tsp. be salt
- $\frac{1}{8}$  tsp. cloves
- 1 tsp. lemon juice

- 3 tablespoons. agave
- 3 cups of peeled and chopped apples
- 1 tsp. sea moss gel
- Spring water as needed
- ½ cup of strawberries, peaches, blueberries, or pears  
(Cook all together for applesauce)

### **Preparation**

1. In a mixing bowl, combine all of the ingredients for the donut.
2. Preheat the oven to 350°F and brush the grapeseed oil into a donut pan.
3. Pour the smooth batter into the prepared pan, filling it to about a third of the way full.
4. Cool after baking for 12 to 14 minutes.
5. Serve with alkaline applesauce on top.

## 157. Apple pie

- Preparation time: 20 minutes
- Cooking time: 55 minutes
- Servings: 1

### Ingredients

- 4 cups apples for baking, peeled and sliced
- ½ cup of date sugar
- ¼ tsp. ground clove
- 2 cups of spelled flour
- ½ cup of spring water
- ½ cup of agave
- ½ tsp. sea salt
- 1/3 cup grapeseed oil
- Key files as needed

### Preparation

1. Preheat the oven to 425 degrees Fahrenheit.
2. In a skillet, combine the apples, date sugar, cloves, agave, and salt. Cook for 15 to 20 minutes on low heat.
3. In a food processor, combine the spelt flour and 1 teaspoon of sea salt and process for 10 seconds. Slowly drizzle in the grapeseed oil and water while mixing until everything comes together into a ball.
4. Roll out the dough after cutting it in half. Remove the excess dough and place it on a pan.
5. Taste the apple/date mixture and adjust the amount of agave as needed before pouring into the pie pan. Another half of the dough should be rolled out and cut into 1-inch thick strips with a knife. Lay the strips across the pie in a pattern, both horizontally and vertically.
6. Bake for 30 to 35 minutes in a preheated oven.

7. Serve.

## 158. Peat cakes

- Preparation time: 20 minutes
- Cooking time: 50 minutes
- Servings: 12

### ingredients

- ½ cup grapeseed oil
- 2 cups of spelled flour
- 1 ¼ cups of spring water
- ½ tsp. be salt
- ½ tsp. ground clove
- ½ cup of date sugar
- ½ cup of agave
- 1 pound frozen peaches

### Preparation

1. Preheat the oven to 400 degrees Fahrenheit.
2. Combine the date sugar, agave, peaches, 1 cup spring water, ground cloves, and 12 teaspoon salt in a pot and stir to combine. Cook for 15 to 20 minutes on low heat.
3. In a mixing bowl, combine the flour, 12 teaspoon salt, oil, and 14 cup spring water to make a dough.
4. Form the dough into a ball and roll it out on parchment paper to about 12 inch thickness with spelt flour or grapeseed oil.
5. Cut out the crusts with a cookie cutter and roll out the remaining dough into a ball. Make 12 crusts by cutting until they're all the same size.
6. Preheat the oven to 350°F and bake the crusts for 10 to 12 minutes.
7. To thicken the peach filling, stir in 2 teaspoons spelt flour and cook for 5 minutes.



8. After the crust has baked for 10 minutes, add the peach filling and bake for another 10 minutes.
9. Serve.

## 159. Coconut cream



- Preparation time: 10 minutes
- Cooking time: 0 minutes
- Servings: 2

### ingredients

- 3 tablespoons. gouache
- $\frac{1}{4}$  cup of agave
- 1 tablespoon. vanilla extract (plus  $\frac{1}{4}$  teaspoon)
- 1 cup of coconut cream
- $\frac{1}{4}$  tsp. be salt
- **Strawberry to cover as needed**

### Preparation

1. Whip the aquafaba and slowly drizzle in the agave syrup while whisking.
2. Whisk in a tablespoon of vanilla extract.
3. In a separate bowl, use a hand mixer to soften the creamed coconut. Combine with 14 tsp. sea salt and powdered vanilla extract.
4. Scoop the aquafaba into the coconut cream mixture and gently fold it in. Scoop it in until you've used up all of it.
5. Place the mixture in a freezer-safe container. Freeze for at least 24 hours.
6. Garnish with a strawberry.

## 160. Alkaline Elettrit Cake



- Preparation time: 10 minutes
- Cooking time: 50 minutes
- Servings: 8

### ingredients

- 1 ½ cup sparkling spring water
- 1/8 sea salt
- 1 cup of chickpea flour
- 3 cups of whipped aquafaba
- ½ cup of date sugar
- ¼ cup grapeseed oil
- ½ cup of agave
- ½ cup of white spelled flour
- 1/3 cup Kamut flour
- 1 tsp. cloves

### Preparation

1. Preheat the oven to 350 degrees Fahrenheit.
2. In a mixing bowl, combine chickpea flour, spelt flour, Kamut flour, salt, and clove. Combine the grapeseed oil with the other ingredients.
3. Stir in a small amount of spring water at a time with a fork to achieve a pancake-like consistency. Combine the agave nectar and date sugar.

4. Whip the aquafaba, then add a third of it to the batter mixture at a time, gently folding it in until combined.
5. Immediately pour the mixture into the baking pans and fill them completely.
6. Bake for 30 minutes at 350°F, or until completely cooked.
7. Serve with a dollop of date caramel on top of the cakes.

### **161. Chickpea salad**

- Preparation: 5 minutes
- Servings 4

#### **Ingredient**

- Chickpeas (2 cups), rinsed
- water
- Capers, chopped
- Spring onions (4), chopped
- Lime juice (2 tbsp)
- Salt
- Chili powder
- Olive oil
- Cumin, ground
- Black pepper
- Parsley, chopped

#### **Ingredient**

1. In a large mixing bowl, combine the chickpeas and capers, then stir in the rest of the ingredients
2. Toss them in a good way.
3. Serve as a salad as a side dish.
4. Take pleasure in it!

## 162. Muffins

- Preparation: 10 minutes
- Cook: 1 hour
- Servings 4

### Ingredient

- Blueberries (1/2 cup)
- Water
- Teff flour
- Oil
- Spelled Flour (3/4 cup)
- Pepper
- Agave syrup (1/3 cup)
- Sea Moss Gel (1/4 cup)
- Salt
- Grape seed oil
- Coconut milk (1 cup)

### Preparation

1. Preheat the oven to a high-medium setting.
2. 6 standard muffin cups should be greased.
3. In a large mixing bowl, combine Teff, Salt, Spelt flour, Coconut Milk, Agave Syrup, and Sea Moss Gel.
4. Put them together in the right order.
5. Add the blueberries to the mixture and stir well.
6. Divide the muffin batter between the muffin cups.
7. Preheat oven to 350°F and bake for 30 minutes, or until golden brown.
8. Finally, put it on the table and enjoy it!

## 163. Guacamole



- Preparation: 10 minutes

### Ingredient

- Avocados (3), chopped
- Water
- Roma tomatoes (2), chopped
- Pepper
- Onion (½), chopped
- Coriander, chopped
- Salt
- Cayenne
- Lime Juice
- Ginger (1-inch), minced

### Preparation

1. In a mixing bowl, combine the lime juice and avocado.
2. Drain and set aside some of the lime juice.
3. Using a potato masher, mash in the salt and cayenne pepper.
4. Combine the cilantro, ginger, onions, tomatoes, and reserved juice in a mixing bowl.
5. Serve it up and have a good time!

## 164. Nutty Brown Energy Balls



- Preparation: 10 minutes
- Servings 4

### **Ingredient**

- Blueberries (¼ cup)
- Water
- Dried dates (¼ cup)
- Pepper
- Agave syrup
- Softgel coconut (1 cup), grated
- Oil
- Walnuts (¼ cup)
- Salt
- Date sugar

### **Preparation**

1. Fill the food processor halfway with walnuts.
2. Then pulse it until the mixture turns into a fine powder.
3. Then top it with berries, date sugar, coconut, and dates.
4. Pulse them together until they're well combined.
5. Then add the agave syrup and blend until it forms a soft paste.
6. Fill the medium bowl halfway with your mixture.
7. After that, roll your mixture into balls.
8. Roll your balls in more shredded coconut.
9. After that, serve it up and have fun!

## **165. Quinoa and Beans**

- Preparation: 10 minutes
- Cook: 30 minutes
- Servings 4

### **Ingredient**

- Olive oil
- Black beans (½ cup), rinsed
- 1 yellow onion, chopped
- Black pepper
- Chicken broth (2 cups)
- Quinoa (1 cup)
- 2 garlic cloves, minced
- Chopped coriander
- Salt

### **Preparation**

1. Preheat your pan over medium heat with olive oil.
2. On it, combine the onion and garlic.
3. Cooking time is only 5 minutes.
4. Combine the quinoa and the remaining ingredients in a mixing bowl.
5. Make sure it's thoroughly mixed.
6. Cook for only 25 minutes over medium heat.
7. Divide the ingredients among the plates.
8. Serve it up and have a good time!



## 166. Banana and Strawberry Ice Cream



- Preparation: 10 minutes
- Cooking: 4 Hours

### Ingredient

- Homemade Nut Milk (1/4 cup)
- Strawberry (one cup)
- Water
- Baby Bananas (one cup)
- Ice
- Avocado (1/2), chopped
- Honey
- Agave syrup

### Preparation

1. In a blender, combine all of the ingredients and thoroughly mix them.
2. Combine any remaining Agave Syrup or Milk in the container's lid.
3. Allow 5-6 hours for freezing.
4. Serve it up.
5. Have fun!

## 167. Lettuce Avocado Wraps



Preparation: 10 minutes

### Ingredient

- Salt
- Water
- Cherry tomatoes (1 cup), chopped
- Pepper
- Red onion (1), chopped
- Ripe avocados (3), chopped
- Lemon juice
- Romaine lettuce leaves (3)
- Fresh basil (½ bunches)

### Preparation

1. Avocado should be mashed, and basil, red onion, and tomato should be chopped.
2. Toss your avocado with salt and lemon juice.
3. In a large mixing bowl, combine your diced vegetables.
4. Using lettuce leaves as a template, divide your mixture into leaves.
5. Serve it to your guests.
6. Take pleasure in it!

## 168. Flying Raspberry Energy Balls

- Preparation: 5 minutes

### **Ingredient**

- Raspberries (½ cup)
- Water
- Dates (5)
- Pepper
- Soft gel coconut (1 ½ cup), grated
- Salt
- Honey
- Walnuts (1/3 cup)

### **Preparation**

- Connect your high-powered blender.
- Combine all of the ingredients in the jar.
- Cover the jar with the lid of your blender.
- Then pulse them for 40-60 seconds, or until well combined.
- Using your hands, form the mixture into balls.
- Place your balls on top of the tray.
- Allow for 30 minutes of freezing time.
- Serve it to your guests.
- Take pleasure in it!

## 169. Cucumber and green onion salad



Preparation: 5 minutes

### Ingredient

- Olive oil
- Water
- Cucumbers (2), sliced
- Lemon juice (½ cup)
- Scallions (4), chopped
- Salt
- Cilantro (½ cup), chopped
- Black pepper

### Preparation

1. Combine cucumbers and spring onions in a salad bowl, then add the rest of the ingredients.

2. Toss them in a good way.
3. Serve it to your guests.
4. Take pleasure in it!

### **170. Homemade Whipped Cream**



- Preparation: 5 minutes
- Cook: 10 minutes

#### **Ingredient**

- Cream
- Aquafaba (1 cup)
- Water
- Agave syrup (1/4 cup)
- Oil

#### **Preparation**

1. In a stand mixer, combine the Agave Syrup and Aquafaba and mix on high speed for almost 5 minutes.
2. Alternatively, use a hand mixer for 10-15 minutes.
3. After that, place it in the cup.
4. Serve it to your guests.
5. Take pleasure in it!

### **171. Dill and Salmon Pate**



### **Ingredients:**

- six ounces cooked salmon, boneless and skinless
- 1 tablespoon chopped fresh dill
- ½ teaspoon sea salt
- ¼ cup heavy cream (for whipping)

### **Preparation**

1. Combine the lemon zest, salmon, heavy cream, dill, and salt in a blender or food processor (or a large mixing bowl with a mixer).
2. Blend until the smoothie reaches the desired consistency.

## 172. Chai Spiced Baked Apples



- Servings: 5
- Cooking time: 3 hours

### Ingredients:

- 5 apples
- ½ cup of water
- ½ cup of crushed walnuts (optional)
- ¼ cup coconut oil, melted
- 1 teaspoon ground cinnamon
- ½ teaspoon ground ginger
- ¼ teaspoon ground cardamom
- ¼ teaspoon ground cloves

### Ingredient

1. Remove a thin strip from the top of each apple and core it.
2. Fill the slow cooker halfway with water. Place each apple upright along the bottom of the pan.
3. Combine walnuts (if using), coconut oil, cinnamon, ginger, cardamom, and cloves in a small bowl.
4. Drizzle the apple mixture over the top.
5. Cover the pot and set the temperature to high. Cook for 2 to 3 hours, or until apples are soft.

## 173. Peach Crisp

- Servings: 6

- Cooking time: 20 minutes

### **Ingredients:**

- 6 peaches, cut in half
- 1 tablespoon coconut sugar 1 teaspoon ground cinnamon
- ½ tablespoon butter, cut into cubes
- ½ cup all-purpose flour
- ½ cup coconut sugar
- ¼ teaspoon ground cinnamon
- ¼ cup vegan butter, cubed

### **Preparation**

1. Fill a small pie pan halfway with peaches.
2. Combine remaining filling ingredients in mixing bowl.
3. Combine topping ingredients in mixing bowl.
4. Sprinkle topping on top of peach mixture.
5. Air fry for 20 minutes at 350 degrees F.



## 174. Carrot and Pumpkin Seed Cookies

- Servings: 40 Cookies
- Cooking time: 15 minutes

### Ingredients:

- 1<sup>1</sup>/<sub>3</sub> cups pumpkin seeds
- ½ cup packed grated carrot (about 1 carrot)
- 3 tablespoons chopped fresh dill
- ¼ teaspoon sea salt
- 2 tablespoons extra virgin olive oil

### Preparation

1. Preheat the oven to 350 degrees Fahrenheit (180 degrees Celsius). Using parchment paper, line a baking sheet.
2. In a food processor, grind the pumpkin seeds, then add the carrot, dill, salt, and olive oil and pulse to combine well.
3. Pour them onto the prepared baking sheet, then use a spatula to shape the mixture into a rectangle.
4. Place a sheet of parchment paper over the rectangle and roll it out to about 18 inches thick.
5. Remove the parchment paper from the rectangle and score it with a sharp knife into 40 small rectangles.
6. Bake for 15 minutes or until golden brown and crisp on the baking sheet in a preheated oven.
7. Place the cookies on a large plate and set aside for a few minutes to cool before serving.

## 175. Avocado Fries



- Servings: 8
- Cooking Time: 10 Minutes

### Ingredients:

- 2 avocados, sliced into strips
- Dry mixture
  - ½ cup breadcrumbs
  - ½ teaspoon onion powder
  - 1 teaspoon garlic powder
  - ½ teaspoon paprika powder
  - ½ teaspoon turmeric powder
- Wet mixture
  - ½ cup flour
  - ½ teaspoon paprika powder
  - ½ teaspoon turmeric powder
  - ½ cup almond milk
  - 1 teaspoon hot sauce

### Preparation

1. In a mixing bowl, combine the dry ingredients.
2. Combine the ingredients for the wet mixture in a separate bowl.
3. Dip each avocado strip into the wet mixture and then into the dry mixture.
4. Place the ingredients in the air fryer basket.
5. Cook for 5 minutes in the air fryer.
6. Cook for another 5 minutes on the other side.

## 176. Fried Butter Cake



- Servings: 4
- Cooking time: 15 minutes

### **Ingredients:**

- cooking spray
- 7 tablespoons vegan butter
- ¼ cup white sugar
- 1 beaten egg
- 1 ⅔ cups all-purpose flour
- 6 tablespoons of almond milk

### **Preparation**

1. Preheat the air fryer to 350 degrees Fahrenheit.
2. Lightly grease your cake pan.
3. In a mixing bowl, cream the butter with an electric mixer until smooth.
4. Beat in the egg until it is fluffy.
5. Add the flour and stir to combine.
6. Pour the milk into the pot.
7. Combine everything thoroughly.
8. Pour the batter into the cake pan.
9. Place the cake pan inside the air fryer basket.
10. Cook for 15 minutes in an air fryer.
11. Turn the cake over and serve.

## **177. Easy blueberry compote**

- Servings: 4

- Cooking time: 10 minutes

### **Ingredients:**

- 4 cups of fresh blueberries
- 1 tablespoon grated fresh ginger Juice of 2 oranges
- ¼ cup raw honey Zest of 1 orange

### **Preparation**

1. In a large pot, combine all of the ingredients. Stir everything together thoroughly.
2. Bring to a boil over medium-high heat, then reduce to a low heat and cook for another 10 minutes, or until the sauce has thickened and the cranberries have burst.
3. Remove the pan from the heat and set it aside to cool for a few minutes.
4. Transfer to a large mixing bowl and serve immediately.

## **178. Chickpea and Pepper Hummus**

- Servings: 4
- Cooking time: 0 Minute

### **Ingredients:**

- 14 ounces canned chickpeas, no salt added, drained and rinsed
- 1 tablespoon of sesame paste
- 2 roasted red bell peppers, chopped Juice of ½ lemon
- 4 walnuts, chopped

### **Preparation**

1. In your blender, combine the chickpeas with all the sesame paste, red bell peppers, lemon juice, and walnuts, blend well, divide into bowls, and serve.

## **179. Protein bars**



### **Ingredients:**

- 4 ounces apricots, dried
- 2 ounces water
- 2 tablespoons rolled oats
- 1 tablespoon sunflower seeds
- 2 tablespoons coconut, grated
- 1 tablespoon sesame seeds
- 1 tablespoon blueberries
- 3 tablespoons of hemp seeds
- 1 tablespoon of chia seeds

### **Preparation**

1. In your food processor, combine the apricots while using water along with all the oats, pulse well, transfer to your bowl, add coconut, sunflower seeds, sesame seeds, blueberries, hemp and chia seeds and stir before get a paste
2. Roll this up into a log, wrap, chill in the fridge, slice, and serve as a snack.

## 180. Sausage Vegetable Bake



- Servings: 24
- Cooking time: 20 minutes

### Ingredients:

- 1 cup mushrooms, quartered
- ¼ lb. smoked sausage, sliced
- 1 onion, sliced
- ¼ pound Brussels sprouts
- 1 tablespoon chopped rosemary
- 1 tablespoon thyme, minced
- 2 garlic cloves, freshly peeled
- 1 tablespoon olive oil
- Salt and black pepper to taste

### Preparation

1. Prepare and set oven to 450 degrees F.
2. Mix all the vegetables with the rest of the ingredients on a baking sheet.
3. Bake for 20 minutes in the oven, then add the rosemary and thyme.
4. Serve.

## 181. Coconut Waffle

- Cooking time: 20 minutes
- Serving Size: 1 serving

### Ingredients

- 2 cups of spelled flour
- 1 cup Homemade Coconut Milk (see recipe)
- 1/4 cup of Coconut Flour
- 1/4 cup of Agave Syrup
- 2 teaspoons sea moss gel
- 1/4 teaspoon pure sea salt
- 3 tablespoons of grapeseed oil
- 1 cup of spring water

### Preparation

1. In a mixing bowl, combine spelled flour, coconut flour, and pure sea salt.
2. In a separate bowl, combine homemade coconut milk, sea moss gel, agave syrup, grapeseed oil, and spring water.
3. Combine the liquid and dry ingredients in a mixing bowl.
4. Pour the batter into a waffle iron and cook according to the manufacturer's directions.
5. Serve\* your Coconut Waffles and enjoy!

## 182. Mango cheesecake

- Cooking time: 30 Minutes + 2–4 Hours in the refrigerator
- Serving Size: 6–8 servings

### ingredients

- Cortex
- 1 cup of walnuts
- 1 cup of dates
- 1/4 cup grated Soft-Jelly Coconut

### *filling*

- 2 large mangoes, chopped
- 2 cups of Nuts soaked (overnight or minimum 4 hours)
- 1 cup of Homemade Coconut Milk (see recipe)
- 1/3 cup of Agave Syrup
- 6 tablespoons coconut oil
- 1 tablespoon lime zest juice of 1 lime

### Preparation

1. Preheat oven to 350°F. Line an 8-inch round cake pan with parchment paper.
2. In a food processor or blender, combine the walnuts, Soft-Jelly shredded coconut, and dates. Mix everything together until it's completely smooth. If the dough isn't sticky enough, add more dates.
3. Press and spread the prepared dough in the pan. For 10 minutes, place it in the freezer.
4. In a blender or food processor, combine the coconut milk and nuts and blend for 2-3 minutes, or until smooth. Toss in the agave syrup, mango chunks, coconut oil, lime zest, and juice. Continue to mix until everything is well combined.
5. Fill the mould with the cheesecake filling and spread it out evenly.
6. Freeze the prepared cheesecake for 2 to 4 hours, or until it hardens.
7. Serve your Mango Cheesecake and enjoy it!



## 183. Applesauce



- Cooking time: 15 minutes
- Serving Size: 4 servings

### ingredients

- 3 cups of chopped apples
- 1/2 cup of Strawberries\* (optional)
- 3 tablespoons of Agave Syrup
- 1 teaspoon sea moss gel (optional)
- 1 teaspoon lime juice
- 1/8 teaspoon of pure sea salt
- 1/8 teaspoon of Clove
- 1 tablespoon spring water, if needed

### Preparation

1. In a blender, combine the chopped apples, agave syrup, lime juice, cloves, and pure sea salt.
2. Mix thoroughly until a smooth consistency is achieved.
3. Add the strawberries to the mixture and blend until smooth.
4. If the mixture is too thick, add some spring water.
5. Serve your applesauce and enjoy it!

## 184. French toast



- Cooking time: 25 minutes
- Serving Size: 3–4 servings

### ingredients

- Herb Bread (see recipe)
- 5–6 strawberries, sliced
- 3/4 cup Homemade Hemp Milk
- 1/2 cup chickpea flour
- 2 tablespoons of Agave Syrup
- 1/2 teaspoon of ground Cloves
- 1/4 teaspoon of Ginger Powder
- 1/4 teaspoon of Pure Sea Salt
- 2 teaspoons grapeseed oil 1/4 cup spring water

### Preparation

1. In a large mixing bowl, combine homemade hemp seed milk\*, chickpea flour, agave syrup, spring water, ground cloves, ginger powder, and pure sea salt.
2. Tear the herb bread into bite-sized pieces.
3. Soak the bread slices for 8 to 10 minutes in the bowl, turning halfway through.
4. Lightly grease a frying pan with grapeseed oil and preheat it.
5. Cook each slice of bread for 3-4 minutes over medium heat, or until golden brown.

6. Drizzle with agave syrup and top with sliced strawberries.
7. Take pleasure in your French toast!

### **185. Alkaline Porridge**

- Cooking time: 25 minutes
- Serving Size: 2–4 servings

#### **ingredients**

- 1/2 cup Teff Grain Blueberries Nuts (optional)
- Agave syrup (optional)
- 2 cups spring water A pinch of pure sea salt

#### **Preparation**

1. Fill a small pot halfway with spring water and bring to a boil.
2. Season with a pinch of sea salt.
3. Slowly pour Teff Grain into the boiling water, stirring constantly.
4. Reduce heat to a low heat, cover, and cook for about 15 minutes.
5. Garnish with blueberries, walnuts, and agave syrup if desired.
6. Take pleasure in your alkaline porridge!

## 186. Date balls

- Cooking time: 30 minutes
- Serving Size: 20–24 servings

### ingredients

- 1 cup pitted dates
- 1 cup Soft-Jelly Shredded Coconut
- 1/2 cup Sesame Seeds
- 1/2 cup Brazil Nuts\*
- 1/4 cup Agave Syrup
- 1/2 teaspoon pure sea salt

### Preparation

1. In a food processor or blender, combine the dates, shredded coconut, Brazil nuts, agave syrup, and pure sea salt.
2. Mix it thoroughly for 20 to 30 seconds.
3. Roll a spoonful of the prepared mixture into a ball in your hand.
4. In a large mixing bowl, combine the sesame seeds and roll the date balls in them.
5. Repeat steps 3 and 4 until you've used up all of the date mixture.
6. Serve your Date Balls and enjoy them!

## 187. Banana cake



- Cooking time: 40 minutes + 4 hours in the freezer
- Serving Size: 6–8 servings

### **ingredients**

- 1-1/2 cups pitted dates
- 1-1/2 cups grated Soft-Jelly coconut
- 1/4 cup agave syrup
- 1/4 teaspoon of pure sea salt

### *filling*

- 6–8 donkey plantains
- 1 cup Homemade Hemp Milk
- 7 ounces unsweetened organic coconut cream
- 4 tablespoons agave syrup
- 1/8 teaspoon of pure sea salt

### **Preparation**

1. Add the base ingredients to a blender, blend for about 30 seconds or until a ball forms.
2. Line round pie plate with parchment paper, place crust mixture inside and spread out. Keep it in the refrigerator for 10 minutes.
3. Put all the filling ingredients in a large bowl and mix until well combined.
4. Pour the filling into a bowl and spread it out by shaking the sides.
5. Cover the cake with aluminium foil and put it in the freezer for about 4 hours to harden.

6. Serve with some banana slides and enjoy your Banana Pie!

### 188. Strawberry jam



- Cooking time: 30 minutes
- Serving Size: 2 cups

#### Ingredients

- 4 cups of chopped Strawberries
- 2/3 cup of Agave Syrup
- 1/2 cup sea moss gel
- 3 tablespoons lime juice

#### Preparation

1. In a large mixing bowl, wash and chop all of the strawberries.
2. Blend them until they have a coarse texture.
3. In a medium saucepan, combine the Key lime juice, strawberry mixture, and agave syrup and cook for 10 minutes over medium-high heat, stirring occasionally.
4. Pour the Sea Moss Gel into a saucepan and cook for another 5 minutes, stirring constantly to ensure that it dissolves evenly.
5. Take the pan off the heat and set it aside to cool before using.
6. Serve your strawberry jam and enjoy it!

## 189. Pancakes



- Cooking time: 30 minutes
- Serving Size: 2 servings

### ingredients

- 1 cup of Spelled Flour
- 1/2 cup of Blueberries
- 1/4 cup of Agave Syrup
- 1 teaspoon vanilla extract
- 2 pinches pure sea salt
- 1 teaspoon grapeseed oil plus more for cooking
- water

### preparation

1. In a mixing bowl, combine spelled flour, vanilla extract, pure sea salt, spring water\*, and grapeseed oil.
2. Toss in the blueberries and stir lightly.
3. Lightly grease a skillet with grapeseed oil and place it over medium heat.
4. Pour a portion of the batter into the hot skillet and cook until golden brown on both sides.
5. Continue with step 4 until all of the pancakes are done.
6. Serve your Pancakes with Agave Syrup and enjoy!

## 190. Spell cookies

- Cooking time: 45 minutes
- Serving Size: 24 cookies

### **ingredients**

- 1-1/2 cups spelled flour
- 1-1/2 pitted dates
- 1-1/2 rolled spelled flakes 1 cup raisins
- 2/3 cup prepared applesauce
- 1/3 cup grapeseed oil
- 1/3 cup of Agave Syrup
- 1/2 teaspoon pure sea salt
- 2 tablespoons sparkling spring water

### **Preparation**

1. In a food processor, combine the dates, spelled flour, and pure sea salt.
2. Toss applesauce, spelled flakes, raisins, sparkling spring water, agave syrup, and grape seed oil into a mixing bowl with the prepared mixture. Mix everything together until it's completely smooth.
3. Preheat the oven to 350 degrees Fahrenheit. Preheat the oven to 350°F and line a cookie sheet with parchment paper.
4. Using your hands, roll a tablespoon of dough into a ball and place it on the cookie sheet. Use a fork or your fingers to flatten it.
5. Bake the cookies for 20 minutes at 350°F.
6. Spelled Cookies are ready to eat!



## 191. Banana and strawberry ice cream

- Cooking time: 4 hours
- Serving Size: 5 servings

### ingredients

- 1 cup of strawberry
- 5 small bananas in quarters
- 1/2 avocado chopped
- 1 tablespoon agave syrup
- 1/4 cup Homemade Nut Milk

### Preparation

1. In a blender, combine all of the above ingredients and blend thoroughly.
2. Check the flavour of the cooked mixture. If it's too thick, thin it out with more homemade nut milk. Add more agave syrup if you want it to be sweeter.
3. Pour the mixture into a lidded container. Allow for at least 5-6 hours of freezing time.
4. Serve and enjoy your Strawberry Banana Ice Cream that you made yourself!

## 192. Chickpea salad



- Preparation time: 5 minutes
- Servings: 4

### **Ingredients:**

- 2 cups canned chickpeas, drained and rinsed
- 1 tablespoon chopped capers
- 2 tablespoons lime juice
- 2 tablespoons olive oil
- 4 spring onions, minced
- 1 teaspoon chili powder
- 1 teaspoon cumin, ground
- 1 tablespoon chopped parsley
- A pinch of salt and black pepper

### **Preparation**

1. Mix the chickpeas and capers with the other ingredients in a bowl and serve as a salad garnish.

## 193. Quinoa and Beans



- Preparation time: 10 minutes
- Cooking time: 30 minutes
- Servings: 4

### **Ingredients:**

- 1 tablespoon olive oil
- 1 yellow onion, chopped
- 1 cup quinoa
- ½ cup canned black beans, drained and rinsed
- 2 cups chicken broth
- 2 garlic cloves, minced
- Salt and black pepper to taste
- 1 tablespoon chopped coriander

### **Preparation**

1. Heat the olive oil in a skillet over medium heat, then add the onion and garlic and cook for 5 minutes.
2. Add the quinoa with the other ingredients and cook for 25 minutes over medium heat.
3. Arrange the ingredients on plates and serve.

## 194. Cucumber and green onion salad

- Preparation time: 5 minutes
- Servings: 4

### Ingredients:

- 2 tablespoons olive oil
- 2 cucumbers, sliced
- 4 spring onions, chopped
- ½ cup chopped cilantro
- ½ cup lemon juice
- Salt and black pepper to taste

### Preparation

1. Combine cucumbers, spring onions and other ingredients in a salad bowl, toss and serve.

## 195. Barley and kale

- Preparation time: 5 minutes
- Servings: 4

### Ingredients:

- 2 cups barley, cooked
- 1 cup kale
- 2 tablespoons chopped almonds
- 2 tablespoons balsamic vinegar
- 1 tablespoon olive oil
- 1 tablespoon chopped coriander

### Preparation

1. Toss the barley with the kale, almonds, and other ingredients in a bowl, then serve as a side dish.

## 196. Elegant coconut date bars for an enchanting evening



- Preparation Time: 10 Minutes
- Cooking time: 30 minutes
- Servings: 4

### **Ingredients:**

- 1/3 cup of sliced almonds
- 1/2 cup coconut, flaked 10 dates, pitted
- 1/4 cup cashews
- 1 teaspoon coconut oil

### **Preparation**

1. Puree the almonds in a food processor.
2. Add dates and pulse until well combined.
3. Stir in cashews and coconut oil until mixture is thick and sticky.
4. Transfer mixture to wax paper and cut into squares.
5. Fold the sides of the waxed top up, 6. serve and enjoy!

## 197. Vegan crushed coconut cream



- Preparation Time: 8 Hours 10 Minutes
- Servings: 6

### Ingredients

- 1 can of unsweetened coconut milk
- 2 tablespoons of white sugar
- 1 teaspoon pure vanilla extract

### Preparation

1. Put the can of coconut in the refrigerator for 8 hours to chill.
2. Chill a metal bowl and beaters in the refrigerator for about an hour before making the whip.
3. Scoop out the coconut cream solids from you can of coconut milk into your metal mixing bowl.
4. Reserve the liquids for later use. 5. Using a mixer on medium speed, beat the cream.
5. Increase speed to HIGH and continue beating for 7-8 minutes, or until stiff peaks appear.
6. Beat the coconut cream for another minute after adding the sugar and vanilla extract.
7. Taste it and add more sugar if necessary. Serve with cupcakes or muffins.

## 198. Tharp She Salted Peanut Butter Cookies

- Preparation Time: 15 Minutes
- Servings: 9

### ingredients

- 1 cup raw almonds
- ½ cup peanut butter (creamy and unsalted)
- 1 cup pitted Mejdool dates
- 1 and ¼ teaspoons vanilla extract Sea salt as needed

### Preparation

1. In a food processor, combine almonds, peanut butter, vanilla, and dates; process until mixture resembles dough (should take a few minutes)
2. If you want a stickier dough, add more peanut butter.
3. Roll dough into balls and press down with a fork to make a criss-cross pattern.
4. Season liberally with salt
5. Serve immediately or chill to crisp.

## 199. Coconut Lemon Pudding

### Ingredients:

- 3 cups coconut milk Juice of 2 lemons Lemon zest from 2 lemons
- ½ cup maple syrup
- 3 tablespoons coconut oil, melted
- 3 tablespoons of flax meal mixed with 6 tablespoons of water 4 drops of lemon oil
- 2 tablespoons of gelatine
- 1 cup of water

### Addresses:

1. Combine coconut milk, lemon juice, lemon zest, maple syrup, coconut oil, flax meal, lemon oil, and gelatine in a blender and blend until smooth. Divide the mixture into small jars, cover with lids and bake in an oven with a water bath. Cook for 20 minutes at 350 degrees F, then cool and serve cold.
2. Enjoy!

### 200. A Snowy “Frozen” salad bowl



- Preparation Time: 75 Minutes
- Servings: 3

#### Ingredients:

- ½ cup white sugar
- 2 cups of water
- 1 20-ounce can frozen orange juice concentrate (thawed)
- 1 20-ounce can frozen lemonade from concentrate (thawed)
- 4 bananas, sliced
- 1 can of crushed pineapple (with juice)
- 1 package of strawberries (thawed)

#### Preparation

1. Mix the sugar and water together.
2. Dissolve the sugar, then stir in the orange juice, bananas, lemonade, crushed pineapple (along with the juice), and strawberries.
3. Transfer the mixture to a 9x13-inch glass dish and set aside to cool.



4. When ready to serve, set aside for 5 minutes at room temperature before cutting.

## 201. Crispy baked bananas



- Cooking time 15 to 30 min
- Servings: 4

### ingredients

- 1 pc banana
- 2-3 sheets of filo pastry (30x31 cm)
- 1 tbsp lemon juice
- 2 tbsp walnuts (grated)
- 3-4 tbsp rapeseed oil
- 1 tbsp granulated sugar

### preparation

1. For crispy baked bananas, preheat the oven to 200 ° C top and bottom heat. Peel the banana, cut into 4 equal pieces and drizzle with the lemon juice.
2. Brush the filo pastry sheets with rapeseed oil and lay them twisted on top of each other. Cut the sheet of dough into 4 roughly equal squares.
3. Roll the banana pieces in the grated walnuts and place one piece in the middle of a square. Fold over the edges and place the parcel on baking paper.
4. Brush with the rest of the oil and put a small pile of granulated sugar on each one. Bake until golden brown and crispy for about 10 minutes.
5. Crispy baked bananas are best served warm with ice, or just like that with coffee.

## 202. Walnut Butter Brownies

- Cooking time 5 to 15 min
- servings 4

### Ingredient

- 2 tablespoons ground flaxseed
- 6 tablespoons warm water
- ½ cup of Sucanat (unrefined cane sugar)
- ½ cup agave nectar
- 1 teaspoon vanilla extract
- ¼ cup nut butter
- ½ cup unsweetened applesauce
- ¾ cup whole grain wheat flour for pastry
- ⅓ cup unsweetened cocoa powder
- ½ teaspoon baking powder
- ¼ teaspoon of sea salt
- ½ cup vegan and semi-sweet chocolate chips

### Preparation

1. Preheat to 350 ° F (177 ° C) in the oven. Line a pan with baking paper measuring 9x 9 inches (23x 23 cm) and set aside.
2. Mix flour and water in a small pan. Let 2 minutes stand.
3. Combine the Sucanat, agave, cinnamon, nut butter, applesauce, and flaxseed flour mixture into a separate bowl until smooth.
4. Combine food, chocolate, baking powder, and salt in a third pan. Apply all to the mixture of Sucanat and stir to combine.
5. Add the chips of vegan chocolate.
6. Place the dough in the tub.
7. Bake until a toothpick inserted in the middle comes out clean for 30 to 35 minutes.

8. Until cutting, let it cool on a wire rack.

### **203. Fruit and date cake, incredibly delicious**

- cooking in 40 min
- serving 4

#### **Ingredient**

- 1 cup seedless dates
- 1½ cups walnuts (or pecans)
- 1 teaspoon vanilla extract
- ½ cup shredded coconut
- ½ teaspoon cinnamon
- Fresh sliced fruit for coverage

#### **Preparation**

- Mix all the ingredients in the crust in a high-speed food processor until paste forms.
- Press the dough into a cake pan and cool it until it is ready for the fruit to be added.
- Place the fruit on top of the cake.
- Chill for 1 hour before serving.

## 204. Cherry and poppy seed muffins



- cooking in 40 min
- servings 4

### **Ingredient**

#### *Dry*

- 1 cup (120 g) raw buckwheat flour
- 1 ¼ cup oatmeal (155 g) oatmeal
- 2 tablespoons poppy seeds
- 2 teaspoons cinnamon
- ½ teaspoon cardamom
- 2 teaspoons baking powder

#### *Wet*

- 10 chopped figs
- A little more than 1 cup (260 ml) of vegetable milk, without sugar
- 2 ripe bananas
- 2 heaped tablespoons unsweetened applesauce
- 2 tablespoons peanut butter
- 1 pinch of sea salt (optional)
- ½ cup (50 g) dark chocolate (at least 70% cocoa), chopped
- 24 fresh or frozen cherries

### **Preparation**

1. Preheat the oven to 355 ° F (180 ° C).

2. Cut the figs and soak them in the vegetable milk for at least half an hour. If you soak them more, place them in the fridge.
3. While the figs are soaking, finely chop the chocolate and set aside. Combine all other dry ingredients in a bowl. Place the figs and milk in the blender. Add all remaining wet ingredients and mix until smooth.
4. Pour the wet mixture over the dry ingredients and mix well. Make sure there are no lumps. Now add the chopped chocolate.
5. Fill moulds 12 muffins (I moulds using silicone) with the mass and finally hits two cherries on each muffin.
6. Bake for 25 to 30 minutes. Let them cool a little before trying to remove them from the moulds.

## 205. Homemade granola



- cooking in 55 min
- servings 4

### **Ingredient**

- 3 cups flaked oatmeal
- ¼ cup chopped raw nuts
- ¼ cup raw pecans, chopped
- ¼ cup raw almonds, chopped
- ½ cup pure maple syrup
- 2 teaspoons vanilla
- 2 teaspoons cinnamon
- 1 pinch of salt (optional)

### **Preparation**

1. Preheat the oven to 250-300 ° F (149 ° C).
2. Put all ingredients in a bowl, mix well, and cover everything with maple syrup. Spread the mixture on a baking sheet or broiler pan.
3. Bake for 30-40 minutes with occasional stirring until the mixture turns brown. Move the top plate to the wire rack and let it cool completely. Refrigerate the granola in a sealed jar.



## 206. Tofu cashew cheesecake dessert

### Ingredient

#### *For The Mass*

- 1 cup-soaked cashews
- 6 ounces (175 g) of soft tofu
- 1 tablespoon peanut butter
- 1 small banana
- A handful of grated coconut
- 1 pinch of sea salt
- 1 ounce (30 ml) of water
- 2 tablespoons raw cocoa powder (mix it in half the dough)

#### *The Swirl*

- 1 tablespoon peanut butter
- 1 teaspoon agave syrup

#### *End Mix*

- 3 tablespoons of raisins, dipped in rum
- 4 chopped figs

### Preparation

1. Soak the raisins in rum (not mandatory). (Of course, discard rum from children's containers). Soak the cashews in water for 2 to 2.5 hours. Rinse and drain.
2. Enter the dough ingredients (except cocoa powder) in the blender. Mix them until a uniform dough forms.
3. Now, put half of the mixture in a bowl and add the cocoa powder to the remaining half in the blender.
4. Mix half of the raisins and chopped figs in the brown dough and the other half in the white dough.
5. Prepare the swirl by mixing peanut butter (at room temperature) and agave syrup.
6. Now, start compiling the containers. Put the brown and white dough in the bowls in turns. Add small balls of butter mixture everywhere.

7. When you reach the last layer, add about 5 peanut butter balls on top. Now, it's all about your creativity and artistic skills. Take a sushi stick and make some cute swirls on top of the dessert.
8. Place the desserts in the fridge for a few hours. Cover the containers with foil if you need to keep them longer.

## 207. Iced lemon pie with pineapple and fresh blueberries

### Ingredient

- ¼ cup fresh lemon juice (about 2 lemons)
- ¼ cup of water
- 1 cup fresh pineapple, chopped
- ¼ teaspoon grated lemon peel
- ¼ cup fresh blueberries, rinsed and completely dried

### Preparation

1. Add fresh juice, water, pineapple and grated lemon peel to a high-speed blender. Process them until they run out of lumps.
2. Pour the mixture carefully into the container of an automatic ice cream maker and process it according to the manufacturer's instructions.
3. Add fresh berries during the last 10 minutes. Enjoy immediately, or let it harden further in the freezer for an hour or more.

## 208. Chocolate chip gelato

- Cooking time More than 60 min
- Servings 2

### Ingredient

- 2 cups dairy-free milk
- ¾ cup pure maple syrup
- 1 tablespoon pure vanilla extract
- ⅓ semi-sweet vegan chocolate chips, finely chopped or flaked

### Preparation

- Beat dairy-free milk, maple syrup, and vanilla together in a large bowl until well combined.
- Pour the mixture carefully into the container of an automatic ice cream maker and process it according to the manufacturer's instructions.
- During the last 10 or 15 minutes, add the chopped chocolate and continue processing until the desired texture is achieved. Enjoy the gelato immediately, or let it harden further in the freezer for an hour or more.

### 209. Peanut butter and jelly ice cream



- Cooking time 30 to 60 min
- servings 4

#### Ingredient

- 2 cups dairy-free milk, simple, sugar-free
- $\frac{2}{3}$  cup maple syrup
- 3 tablespoons creamy natural peanut butter
- $\frac{1}{2}$  teaspoon ground ginger
- 2 teaspoons pure vanilla extract
- 6 tablespoons canned fruits

#### Preparation

1. Beat the milk without milk, maple syrup, peanut butter, and vanilla in a large bowl until well combined. Pour the mixture carefully into the container of an automatic ice cream maker and process it according to the manufacturer's instructions.

2. Add canned fruits for the last 10 minutes, and let them combine with the ice cream until the desired texture is achieved. Enjoy the ice cream immediately, or let it harden further in the freezer for an hour or more.

## 210. Peanut Butter Banana Cookies

- Cooking time 30 to 60 min
- servings 4

### Ingredient

- 10 Medjool dates, seeded
- 1 ripe banana (too mature is beautiful)
- ½ cup peanut butter
- ¼ cup unsweetened applesauce
- 1 teaspoon vanilla extract
- 2½ cups of quick-cooked or flaked oatmeal
- ¼ cup whole grain wheat flour for pastries
- ¼ teaspoon baking powder

### Preparation

1. Add dates to a small pan with enough water to cover and cook for 5 minutes over medium heat. Next, turn the mixture into a puree in a food processor until it is lump-free and creamy.
2. Add the banana, peanut butter, applesauce, and vanilla to the food processor and puree them until lump-free and creamy.
3. Transfer the peanut butter and banana mixture to a bowl and add the remaining ingredients, stirring them until combined.
4. Using a small scoop of ice cream or a tablespoon, place tablespoons of dough on a baking sheet with parchment, silicone, or non-stick lining.
5. Bake large cookies for about 15 minutes and small cookies for about 12 minutes. Cookies should be lightly browned on top.
6. Let the cookies stand for about 10 minutes before removing them from the baking sheet, so it will be easier to remove them. Transfer them to a wire rack to cool completely.

## 211. Almond butter toast with sweet potatoes and blueberries



- Cooking time 15 to 30 min
- servings 6

### **Ingredient**

- 1 sweet potato, sliced half a centimeter thick

- ¼ cup almond butter
- ½ cup blueberries

### **Preparation**

1. Preheat the oven to 350-360 ° F (177 ° C).
2. Place the sweet potato slices on baking paper. Bake until soft, approximately 20 minutes. (You can also cook them in a toaster, but you need to activate it at high temperature for three or four cycles).
3. Serve hot, coat with peanut butter and cranberries. Store any leftover sweet potato slices, without dressings, in an airtight container inside the refrigerator for a week. Reheat them in a toaster or a toaster oven and cover them as instructed.



## 212. Pumpkin and oatmeal bars



- Cooking time 30 to 60 min
- servings 4

### Ingredient

- 3 cups thick oatmeal
- 1 cup seedless dates
- ½ cup of boiling water
- 2 teaspoons pumpkin pie spice
- 1 tablespoon ground flaxseed or chia seeds
- ¼ cup small sliced nuts (optional)
- ¼ cup of vegetable milk
- 1 cup mashed pumpkin

### Preparation

1. Preheat the oven to 350 degrees F.
2. Chop the dates into small pieces, place them in a bowl, and pour the hot water over them. Let stand for 10 minutes.
3. Add the dry ingredients to a bowl and mix well.
4. Add dates with water, squash, and vegetable milk to dry ingredients, and mix well.
5. Cover a square baking sheet with baking paper, then firmly press the mixture into the pan.
6. Bake for 15-20 minutes.
7. Let the mixture cool completely in the container before cutting it into 16 squares or 8 large bars.
8. Store in the refrigerator for up to 7 days.

## 213. Oatmeal and Apple Cookies

- Cooking time 15 to 30 min
- ingredients

### **Ingredient**

- 2 cups gluten-free oatmeal
- 2 cups applesauce
- ½ cup raisins
- 1½ tablespoons chia seeds
- 2 teaspoons cinnamon

### **Preparation**

1. Preheat to 350 ° F (177 ° C) in the oven.
2. In a medium bowl, put all 5 ingredients and stir until combined. Let stand during the heating of the oven for 10 minutes.
3. Serve big spoonful of the mixture (covered in baking paper) on the cookie sheet. Gently flatten and spread the mixture to the size and shape you want with the back of the spoon. Bake for about 25 minutes.
4. After removal from the oven, move the cookies to the rack to cool.
5. Don't try to eat them once!

## 214. Homemade granola

- Cooking time 5 to 15 min
- servings 4

### Ingredient

- 3 cups flaked oatmeal
- ¼ cup chopped raw nuts
- ¼ cup raw pecans, chopped
- ¼ cup raw almonds, chopped
- ½ cup pure maple syrup
- 2 teaspoons vanilla
- 2 teaspoons cinnamon
- 1 pinch of salt (optional)

### Preparation

1. Preheat the oven to 250-300 ° F (149 ° C).
2. Combine all ingredients in a bowl, mixing well to cover everything with maple syrup. Spread the mixture on a baking sheet or broiler pan.
3. Bake until the mixture browns, stirring occasionally, 30 to 40 minutes. Transfer the baking sheet to a wire rack and let it cool completely. Keep the granola refrigerated in an airtight jar.

## 215. Coconut snacks



- Cooking time 5 to 15 min
- servings 2

### **Ingredient**

- 1 cup pineapple juice
- 2 cups diced mango
- 2 ripe bananas, diced
- ½ vanilla branch
- 4 cups shredded coconut
- ¾ cup roasted grated coconut

## Preparation

1. Cook pineapple juice, mango, bananas, and vanilla over medium-low heat for 5 minutes in a small pot.
2. Scrape the seeds of the vanilla branch in the pot and discard the branch; then cook them for two more minutes.
3. Put the ingredients in the pot and the 4 cups of grated coconut inside a food processor with an “S” shaped leaf and process them until you get a mixture without lumps, but firm.
4. Let the mixture cool for about 1 to 2 hours, then, using a small scoop for ice cream or a spoon, place a small amount in your hands and make a ball before rolling it over the toasted coconut.
5. Repeat the process until all your coconut snacks are rolled, I bet you can’t eat just one!

## 216. Cucumber and kale open sandwich



- Cooking time 5 to 15 min
- servings 2

### **Ingredient**

- 2 slices of whole-grain bread, toasted
- 2 to 3 tablespoons of hummus prepared without tahini or oil
- 1 chopped green onion
- ¼ cup chopped fresh cilantro
- 2 medium kale leaves, chopped into small bite-sized pieces (about the size of coriander leaves)
- ½ small cucumber
- Mustard of your choice
- Lemon pepper

### **Preparation**

1. Spread hummus generously on toasted bread. Sprinkle the green onion, cilantro, and kale evenly over the hummus.
2. Slice the cucumber in 8 circles and spread each with a thin layer of mustard.
3. Place the cucumber slices, with the mustard down, on top of the coriander and kale layer and press down, if necessary, so that they remain in place.
4. Sprinkle the open sandwich generously with lemon pepper, cut it in half or quarters, if desired, and serve.

## **217. Delicious minisandías**



- cooking in 35 min
- servings 4

### **Ingredient**

- 2 tender cucumbers
- 1 piece of watermelon heart, preferably dense and bright with a minimum of seeds removed
- 1 pinch of black sesame seeds (toasted)

### **Preparation**

1. Start by cutting the ends of the cucumbers and then cut a 2”(5 cm) piece of each end.
2. Set the centre section aside for another use (salads, etc.).
3. Place each semi-circular piece on its end and use the small tip of a Parisian spoon to take half a sphere from each.
4. Use the same technique to carve identical pieces of the heart of the watermelon and place them inside the cucumber, with the flat side up.
5. If the pieces are not kept flush, you can carefully cut the excess with a peeling knife.
6. Finish by pressing the black sesame seeds with a wet finger and spreading them on the surface of the melon.

## 218. Roasted Chickpeas

- Cooking time 30 to 60 min
- servings 2

### **Ingredient**

- 2 cans of 15 ounces (425 g) of chickpeas, rinsed and drained
- 1 teaspoon garlic powder
- 2 teaspoons chili powder
- ½ teaspoon of sea salt
- 2 tablespoons lemon juice

### **Preparation**

1. Preheat the oven to 400 ° F (200 ° C). Line a baking sheet with parchment paper and set it aside.
2. Place the chickpeas in a one-gallon (litre) sealed plastic bag and add seasonings. Shake well until completely covered.
3. Spread spicy chickpeas evenly over the prepared baking sheet.
4. Bake for 45 to 55 minutes, stirring every 15 to 20 minutes so that the chickpeas cook evenly, until golden brown.
5. Serve hot or cold for a snack at any time.



## 219. Waffles with applesauce and almonds

- Cooking time 15 to 30 min
- servings 11

### ingredients

- 100 g of oatmeal
- 50 g flour (wholegrain spelled)
- 10 g chia seeds
- 3 g baking soda
- 25 g birch sugar
- 50 g almond butter
- 100 g applesauce
- 1 pc. Lemon (organic, grated zest and 1 teaspoon of the juice)
- 50 ml almond milk (or another plant milk , more if necessary)

### preparation

1. Add the dry ingredients to the blender for the waffles with applesauce and almonds and mix until everything is finely ground.
2. Mix the applesauce, lemon juice, lemon zest, almond butter and almond milk. Slowly add this mixture to the dry ingredients and mix with the hand mixer. If necessary, add some almond milk and season with birch sugar. Let the dough rest for 10 minutes.
3. In the meantime, preheat the waffle iron and, if necessary, grease it.
4. Put 1 tablespoon of batter in the middle of the waffle iron, close and bake the waffles with applesauce and almonds for about 2 minutes.

## 220. Apple crisps



- Cooking time More than 60 min
- servings 1

### **ingredients**

- Apples

### **preparation**

1. For the apple chips, wash the apples, remove the core with the core cutter and then cut into 1.5 mm thick slices with a slicer .
2. Place the thin apple slices in a dehydrator and dry. Turn around once in between. Dry until the apple chips are nice and crispy.

3. Depending on the dehydrator, this takes about 2-3 hours.

## 221. Marm Mushroom Orange Pepper Salad



- Preparation Time: 10 Minutes
- Cooking time: 8 minutes
- Servings: 4

### Ingredients:

- 2 tbsp. avocado oil
- 1 cup mixed mushrooms, chopped
- 2 orange bell peppers, desired and thinly sliced 1 clove garlic, minced
- 2 tbsp. tamarind willow
- 1 teaspoon maple syrup (unsweetened)
- ½ teaspoon hot sauce
- ½ teaspoon Fresh ginger paste Sesame seeds for garnish

### Preparation

1. In a large skillet over medium heat, heat half the avocado oil and sauté the mushrooms and bell peppers until slightly softened, about 5 minutes.
2. Combine garlic, tamarind sauce, maple syrup, hot sauce, and ginger paste in a small bowl. Add the mixture with the vegetables for 2 to 3 minutes.
3. Remove skillet from heat and serve salad. Drizzle with remaining avocado oil and sesame seeds as a finishing touch.
4. Toss with grilled tofu and serve.

## 222. Broccoli, seaweed and feta salad

- Preparation Time: 15 Minutes
- Servings: 4

### Ingredients:

- 2 tbsp. olive oil
- 1 tablespoon. white wine vinegar
- 2 tbsp. chia seeds
- 2 cups of broccoli salad
- 1 cup chopped seaweed, well washed and steamed
- 1/3 cup chopped walnuts
- 1/3 cup pumpkin seeds
- 1/3 cup blueberries
- 2/3 cup ricotta cheese

### Preparation

1. Mix the olive oil, white wine vinegar, chia seeds, salt, and black pepper in a bowl. Remove from the equation.
2. Broccoli salad, seaweed, walnuts, pumpkin seeds, cranberries, and ricotta cheese all need to be mixed together.
3. Drizzle with dressing, toss and serve.

## 223. Strawberry Crisp

- Servings: 1
- Cooking Time: 20 Minutes

### Ingredients:

- 1 cup strawberry, chopped
- 1 tablespoon honey
- 1/4 cup all-purpose flour
- 1 tablespoon coconut sugar

### Preparation

1. In an air fryer, combine the strawberry, honey, flour, and sugar.
2. Air fry for 15 minutes at 350 degrees F.
3. Stir and cook for another 5 minutes in the air fryer.

### 224. French Fries



- Servings: 4
- Cooking Time: 25 Minutes

#### **Ingredients:**

- 1 lb. potatoes, sliced into strips
- Cooking spray
- Onion powder to taste
- Pinch cayenne pepper

#### **Preparation**

1. Coat the potato strips in oil.
2. Season with cayenne pepper and onion powder.
3. Place the ingredients in the air fryer basket.
4. Bake for 15 minutes at 375 degrees F.
5. Cook for another 10 minutes on the other side.

### 225. Vegetable puree with basil

- Servings: 24
- Cooking time: 15 minutes

#### **Ingredients:**

- ½ pound celery
- 2 chopped turnips

- 2 oz cream cheese 2 tablespoons butter
- 1/3 cup sour cream
- ½ teaspoon garlic powder 1 teaspoon chopped basil
- Salt and black pepper to taste

### **Preparation**

1. In a large pot, combine turnips, celeriac, and enough water to cover.
2. Then cook over low heat for 15 minutes.
3. Drain the vegetables and reserve.
4. Then mix with the rest of the ingredients.
5. Serve well mixed.

### **226. Spicy kale chips**



- Cooking time: 20 minutes

### **Ingredients:**

- 1 bunch kale, rinsed
- ¼ teaspoon ground cayenne pepper
- 1/8 teaspoon garlic powder
- spray oil for greasing
- ¼ teaspoon salt
- 1/8 teaspoon black pepper

## Preparation

1. Heat oven to 300F.
2. Pat the kale dry.
3. Cut the kale leaves into pieces and place them on a foil-lined baking sheet.
4. Season with garlic powder, seasoning and black pepper.
5. Bake in 20 min. Attend.

### 227. Roasted Asparagus Salad with Feta Cheese



- Prep Time: 10 minutes
- Cook Time: 20 minutes
- Servings: 4

## Ingredients:

- 1-pound asparagus, trimmed and halved
- 2 tbsp. olive oil
- ½ teaspoon dried basil
- ½ teaspoon dried oregano
- ½ teaspoon hemp seeds
- 1 tablespoon. maple syrup (no sugar)
- ½ cup arugula
- 4 tablespoons crumbled feta cheese
- 2 tbsp. hazelnuts
- 1 lemon, cut into wedges

## Preparation

1. Preheat oven to 350 degrees Fahrenheit.
2. Toss asparagus with olive oil, basil, oregano, salt, black pepper, and hemp seeds on a baking sheet. Stir with your hands and roast for 15 minutes in the oven.



3. Remove from oven, drizzle with maple syrup, and cook for another 5 minutes, or until lightly charred.
4. In a salad bowl, spread out the arugula and top with asparagus. Serve with lemon wedges and a sprinkle of feta and hazelnuts.

### 228. Red chard with garlic and lemon



- Servings: 4
- Cooking time: 7 minutes

#### Ingredients:

- 1 tablespoon avocado oil
- 1 small yellow onion, peeled and diced
- 1 bunch red Swiss chard, leaves and stems chopped and separated (about 12 ounces)
- 3 garlic cloves, minced
- $\frac{3}{4}$  teaspoon salt
- Juice of  $\frac{1}{2}$  medium lemon
- 1 teaspoon lemon zest

#### Preparation

1. Fill the inner pot halfway with oil and heat for 1 minute. Sauté for 5 minutes with the onion and chard stems. Sauté for another 30 seconds after adding the garlic. Stir in the chard leaves, salt, and lemon juice until everything is well combined. To switch off. Cook for another 60 seconds.
2. Toss the chard mixture with lemon zest in a serving bowl.

### **229. Blueberry curd**

- Servings: 4
- Cooking time: 15 minutes

#### **Ingredients:**

- 2 tablespoons lemon juice
- 2 tablespoons sunflower oil
- 1 tablespoon chicory root powder
- 12 ounces of blueberries
- 2 tablespoons of flax meal mixed with
- 4 tablespoons of water

#### **Preparation**

1. Combine cranberries, lemon juice, oil, chicory powder, and flax meal in a small saucepan. Bring to a boil over medium heat, then reduce to a simmer and cook for 15 minutes. Serve cold, divided into bowls.
2. Enjoy!

### **230. Coffee style fudge**

- Servings: 6

#### **Ingredients:**

- 1 tablespoon granulated instant coffee
- 4 tablespoons Swerve pastry
- 4 tablespoons cocoa powder
- 1 bar of butter
- 1/2 teaspoon vanilla extract

#### **Preparation**

1. Using a mixer on low speed, cream the butter and mix.
2. Continue mixing cocoa powder, instant coffee granules, and vanilla until well combined.
3. Pour batter onto a foil-lined baking sheet. Refrigerate 2 to 3 hours before serving. Enjoy!

### **231. Rosemary Vegetable Bake**



- Servings: 24
- Cooking Time: 25 Minutes

### **Ingredients:**

- 1 tbsp olive oil
- 2 cups green beans, chopped
- 1 lb. cremini mushrooms, quartered
- 2 tomatoes, quartered
- 2 garlic cloves, minced
- 1 onion, sliced
- 1 fennel bulb, sliced
- 1 tbsp rosemary, chopped Salt and black pepper, to taste

### **Preparation**

1. Preheat the oven to 450 degrees Fahrenheit.
2. Spread olive oil on a baking tray.
3. In a baking tray, toss green beans with onion, garlic, salt, black pepper, fennel, tomatoes, and mushrooms.
4. Place in the oven for 25 minutes and top with rosemary.
5. Serve.



- Servings: 4

**Ingredients:**

- 1 cup blueberries, fresh or frozen
- 1 cup strawberries, fresh or frozen
- 2 tablespoons raw honey
- 2 cups plain whole-milk yogurt
- 1 teaspoon freshly squeezed lemon juice
- ¼ cup filtered water

**Directions:**

1. In a blender, combine all of the ingredients and pulse until smooth and creamy.
2. Fill the ice pop moulds halfway with the mixture, then freeze for at least 3 hours. Chill before serving.

## 234. Kale Chips

- Servings: 8
- Cooking time: 15 minutes

### Ingredients:

- 1 bunch of kale leaves
- 1 tablespoon of organic olive oil
- 1 teaspoon of smoked paprika
- A pinch of black pepper

### Preparation

1. On a baking sheet, spread the kale leaves and season with black pepper, oil, and paprika.
2. Toss in the oven and bake for a quarter of an hour at 350 degrees F.
3. Divide the mixture into bowls and serve as a snack.

## 235. French Toast Sticks

- Servings: 2
- Cooking Time: 10 Minutes

### Ingredients:

- ½ teaspoon ground nutmeg 1 teaspoon vanilla extract
- 1 teaspoon cinnamon
- ¼ cup almond milk
- 4 slices bread, sliced into sticks

### Preparation

1. Preheat the air fryer and line the basket with parchment paper.
2. Preheat your air fryer to 360 degrees Fahrenheit (180 degrees Celsius).
3. In a mixing bowl, combine all ingredients except the bread sticks.
4. Toss the breadsticks in the mixture.
5. Cook for 5 minutes in an air fryer.

6. Cook for another 5 minutes on the other side.

### **236. Meat Bites**

- Servings: 4
- Cooking time: 15 minutes

#### **Ingredients:**

- 1 tablespoon lime juice
- 2 tablespoons avocado oil
- 1 lb. beef stew meat, cubed
- 2 cloves garlic, minced
- 1 cup of beef broth

#### **Preparation**

1. To start, add the oil and meat to a skillet and cook for 5 minutes.
2. Mix remaining ingredients well.
3. Cook for 30 minutes over medium heat with the pot covered.
4. Serve immediately and enjoy.

### **237. Chia Pudding with Cashews and Cherries**

- Servings: 4

#### **Ingredients:**

- 2 cups of almond milk
- ½ cup of chia seeds
- 1 teaspoon vanilla extract
- ¼ cup pure maple syrup
- ½ cup chopped cashews, divided
- 1 cup no sugar added frozen pitted cherries, thawed, juice reserved, divided use

#### **Preparation**

1. In a bowl, combine the almond milk, chia seeds, vanilla, and maple syrup. Stir everything well. Refrigerate at least overnight.
2. To serve, divide almond milk mixture among four bowls and top with cashews and cherries.

### 238. Spiced Nuts



- Servings: About 2 cups
- Cook time: 10 to 15 minutes

#### Ingredients:

- 1 cup of almonds
- ½ cup of walnuts
- ¼ cup pumpkin seeds
- ¼ cup sunflower seeds
- ½ teaspoon ground cumin
- 1 teaspoon ground turmeric
- ¼ teaspoon red pepper flakes
- ¼ teaspoon garlic powder

#### Preparation

1. Preheat oven to 350 degrees Fahrenheit (180 degrees Celsius).
2. In a medium bowl, mix all ingredients until smooth.
3. Spread walnuts on a rimmed baking sheet and bake 10 to 15 minutes, or until lightly browned and fragrant, stirring once or twice halfway through.
4. Wait 5-10 minutes for nuts to cool before serving.

## 239. Simple banana cake



- Servings: 4
- Cooking time: 45 minutes

### Ingredients:

- 1 ½ cups of stevia
- 2 cups of almond flour
- 3 bananas, peeled and mashed
- 3 eggs
- 2 teaspoon baking powder
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg

### Preparation

1. Combine eggs, stevia, baking powder, cinnamon, nutmeg, banana, and flour in a bowl. Give everything a good stir, then pour into a greased cake pan and cover with foil. Place pan in oven and bake for 45 minutes at 350 degrees F. Let cake cool before cutting and serving.
2. Enjoy!



## 240. Vegetable “cheese” sauce



- Servings: 6
- Cooking time: 11 minutes

### Ingredients:

- 1 small yellow onion, peeled and chopped
- 1 medium zucchini, peeled and sliced
- 6 garlic cloves, minced
- 2¼ cups vegetable broth, divided
- ¼ teaspoon paprika
- 1 medium sweet potato, peeled and chopped
- ½ cup nutritional yeast

### Preparation

1. In inner pot, combine onion, zucchini, garlic, and 1 ¼ cups broth. Press the Sauté button and cook the vegetables for 5 minutes, or until they are soft. To cancel, press the Cancel button.
2. Combine remaining 2 cups broth, paprika, and sweet potato in large mixing bowl.
3. Cook for no more than 6 minutes.
4. Let the mixture cool for a few minutes before transferring it to a large blender.
5. Combine nutritional yeast and remaining ingredients in a blender and blend on high speed until smooth and well combined.
6. Serve warm as a dip for your favourite vegetables.

## 241. Vegan crumble

- Cooking time 15 to 30 min
- Servings 4

### ingredients

#### *Base:*

- 3 pcs. Apple
- 30 g coconut fat
- 120 g sugar (brown)
- 1 pinch of cinnamon
- 100 g blueberries
- 100 g raspberries

#### *Streusel:*

- 100 g whole wheat flour
- 100 g of oatmeal
- 100 g coconut fat
- 100 g sugar (brown)

### preparation

1. For the vegan crumble, first preheat the oven to 200 ° C.
2. Peel the apples and cut into smaller pieces. Melt the coconut oil in a saucepan. Add the apple pieces, sugar and cinnamon and cook on a low heat until the apples are soft. Put down and mix in the berries. Put everything in an ovenproof dish.
3. In another bowl, knead together the coconut oil, flour, oatmeal, and sugar with your hands. Spread the crumble on the fruit.
4. Bake in the oven for about 20 minutes and serve the vegan crumble.

## 242. Matcha bars without baking with chocolate and coconut

- Cooking time 30 min
- Servings 4

### Ingredient

- 1 cup oatmeal
- ½ cup raw cashews
- ⅓ cup coconut flour
- ½ cup nut butter
- 1 cup coconut milk lite
- 4 tablespoons matcha powder
- 2 tablespoons raw cocoa powder
- 2 tablespoons unsweetened coconut flakes
- 2 tablespoons maple syrup
- ½ teaspoon coconut extract
- ½ teaspoon cinnamon

### Preparation

1. Mix oats and cashews in a food processor (I use my Vitamix) to produce the finest possible quality.
2. Place in a large bowl the mixture.
3. Melt the almond butter in the microwave and blend it with the mixture for about 30 seconds.
4. Add the remaining ingredients and mix well.
5. Cover a rectangular container or tray (preferably with some depth so that the bars are not too thin) with baking paper.
6. Add the mixture into the bowl. Flatten it as much as you can.
7. Sprinkle the dressings you want - I added a little more grated coconut and matcha to mine - but you can add some peanut butter, chocolate chips, nuts, etc.
8. cool the mixture for a few hours or until ready.
9. Cut it into bars and enjoy!

### 243. Superfood in chocolate chip cookies



- Cooking time 15 min
- servings 4

#### **Ingredient**

- ½ cup peanut butter
- ½ cup of soy milk
- 8 Medjool dates
- 1 cup almond flour
- 1 cup oatmeal
- 1 cup oatmeal
- ¼ cup ground flaxseed
- ½ cup goji berries
- ½ cup of cocoa beans
- 1 ripe banana
- 1 tablespoon vanilla

#### **Preparation**

1. Put in a food processor all ingredients and mix until well combined.
2. Place the mixture tablespoons on a parchment paper-lined cookie sheet.
3. Use another sheet of parchment paper to press the mixture down.
4. Bake for 20 minutes at 350 ° F (176 ° C).

## 244. Pancakes without egg



- Cooking time 15 to 30 min
- servings 4

### **ingredients**

- 100 g buckwheat flour
- 100 g rice flour
- 450 ml of water
- 1 pinch of salt
- some fat (to fry out)

### **preparation**

1. For the egg-free pancakes, mix buckwheat flour and rice flour. Add water while stirring constantly.
2. Heat the fat in a pan and fry the pancakes.
3. The pancakes without eggs with jam and sprinkle serve.

## 245. Energy-rich superfood compote

- Cooking time 30 to 60 min
- servings 4

### ingredients

- 250 g physalis (Andean berries)
- 400 ml of water
- 1 handful of Aronia berries (fresh or dried)
- 1 handful of mulberries (fresh or dried)
- 1 handful of goji berries (fresh or dried)
- 1 slice (s) of ginger (fresh)
- 1 cinnamon stick

### preparation

1. For energy-rich superfood compote, first remove the physalis from the pods and place in a saucepan with the water and the remaining ingredients. Bring to the boil for a few minutes, then remove the heat.
2. Let the compote steep for at least 20 minutes.
3. Enjoy high-energy superfood compote warm or cold - as a dessert or snack.

## 246. Ice cold watermelon on a stick

- Cooking time More than 60 min

### ingredients

- 1/4 watermelon
- Wooden sticks

### preparation

1. First, core the watermelon, if necessary, and cut into small triangles with the peel.
2. Stick a wooden stick into each piece in the underside with the bowl. If the shell is too tight, use a knife to make a

slit.

3. Place the watermelon corners in the freezer until they are completely frozen.
4. The watermelon on a stick is ready. But you can also dip them in yogurt or chocolate.

## 247. Vegetable chips from the oven



- Cooking time More than 60 min
- servings 2

### ingredients

- 2-3 carrots
- 1/2 tuber (s) of celery
- 1/2 pumpkin (small, best Hokkaido)
- 2 parsley roots
- 1-2 sweet potatoes
- salt

### preparation

1. For the vegetable chips from the oven, first wash the vegetables and peel them if necessary. Cut into thin slices with a vegetable peeler or a vegetable slicer. Salt and let stand for 5-10 minutes so that the water is removed.
2. Preheat the oven to 180 ° C. Cover several baking sheets with parchment paper.
3. Rinse the vegetable slices with cold water so that they are not too salty later. Dry well. Place them side by side on the baking sheets.
4. Slide into the oven for 5-10 minutes (different depending on the oven). Leave the oven door ajar (pinch the wooden spoon). The vegetable chips constantly monitor because it can go very quickly that they switch from crisp to dark. Take out and season with salt immediately.





## 248. Caramel dip



- Cooking time 5 to 15 min
- servings 4

### ingredients

- 90 g dates (dried and pitted)
- 40 g cashew nuts (ground)
- 1/2 lemon (juice)
- 30 ml almond milk (unsweetened)
- 1 pinch of cinnamon
- salt

### preparation

1. For the caramel dip, first check that the dates are soft enough. If they are too dry, soak them in warm water for about 1 hour.
2. Now puree all the ingredients for the dip in the food processor until it has the consistency of a cream.
3. If the cream is still too thick for the caramel dip, add a little more almond milk spoon by spoon.

## 249. Paprika chips from the oven



- Cooking time 5 to 15 min
- Servings 4

### **ingredients**

- 2 potatoes (medium)
- 1 tbsp olive oil
- 1 teaspoon paprika powder
- salt

### **preparation**

1. For the paprika chips, peel the potatoes from the oven and cut into thin slices with the paring knife. Line a baking sheet with parchment paper. Brush the baking paper thinly with olive oil. Place the potato slices on top and brush lightly with olive oil.
2. Sprinkle with paprika powder and salt. The pepper chips baking in a preheated oven at 220 ° C, 6 minutes until golden brown.

## 250. flatbread



- Cooking time More than 60 min
- servings 1

### ingredients

- 500 g flour
- 10 g of salt
- 10 g of olive oil
- 7 grams of sugar
- 1 package dry yeast
- 360 ml of water
- Flax seeds (or sesame seeds, for sprinkling)

### preparation

1. For the flatbread, knead all ingredients into a dough for at least 8 minutes. Cover and let stand for 1.5 hours.
2. Roll out the dough into an oval shape and let rise for another 20 minutes.
3. Make several hollows in the dough with your finger, sprinkle with sesame or linseed, press firmly and let rise for another 20 minutes.
4. Preheat the oven to 250 ° C and bake the flatbread for 10-15 minutes until golden brown

## CHAPTER FIVE Seafood Recipes

### 251. Asparagus And Mixed Salad



#### INGREDIENTS

- Desalted cod 300 gr Metapontino
- strawberries 100 gr
- Asparagus 50 gr
- Arugula 20 gr
- Borage flowers 10 gr
- Yellow pepper 10 gr
- Fresh broad beans 20 gr
- Oil ex. Virgin of Ferrandina 100 gr
- Salt of maldon to taste lemon 4 slices

#### *For The Dressing*

- 1 Strawberries 100 gr
- Mint 10 gr Oil
- ex. virgin of Ferrandina 50 gr
- 2 Basil 50 gr
- Oil ex. Virgin of Ferrandina 50 gr.

## **PREPARATION**

Desalinate the cod for at least 24 hours. Slice thinly with a knife and season with extra virgin olive oil. Clean and wash the strawberries with the rest of the vegetables, cut each vegetable into a different shape.

The strawberry must be cut into wedges, put everything in a bowl and mix gently, thus creating the salad that will accompany the cod.

### ***For The Dressing***

Blend strawberries, oil and mint in a special glass. Repeat the same preparation with the basil and the oil for the second dressing.

Arrange the slices of cod in a shallow dish, place the salad on top and season with both dressing, then add a few slices of lemon.

## 252. Cuttlefish Salad In Sweet And Sour Sauce



SERVING: 2 PEOPLE

### INGREDIENTS

- 550 g of fresh cuttlefish
- 30 g of raisins
- 20 g of pine nuts
- 80 g of oil
- 60 g of vinegar rose grapes
- Salt to taste
- Parsley in leaves
- 1 head of radicchio

### PREPARATION

1. Clean the cuttlefish and blanch in the water, the fins and the weave take longer. Cool and cut into julienne strips.
2. Clean the radicchio and cut it thinly.
3. In a steel bowl mix cuttlefish, radicchio, raisins, pine nuts, vinegar, oil, salt and a teaspoon of sugar.
4. Leave to marinate and flavour. Serve in a radicchio leaf. Decorate with parsley leaves.

## 253. Coronello Carpaccio And Dried Cherry Tomatoes

### Ingredients:

- Coronello (stockfish fillet) 500gr.
- Dried cherry tomatoes
- Black olives
- Extra virgin olive oil
- White pepper
- Capers “lacrimelle”
- Pomegranate or wild strawberries (depending on the season)

### Preparation

1. The main component of this dish, but like all dishes, in addition to the freshness of any ingredient, consists in the high quality of the stockfish and in the right salting, otherwise you risk upsetting the simplicity of the dish itself.
2. The Coronello is peeled and the dish is mounted as if the gills were so many petals. It is a kind of tapenade of olives and cherry tomatoes and rests harmoniously on the coronello petals, together with the desalted capers.
3. Decorate the whole with pomegranate grains or with the pickled strawberries.



## **254. Flag Fish Roll With Smoked Provola**

SERVING: 4 people

### **INGREDIENT**

- 2 kg of fish flag
- 150g smoked cheese
- bread grated
- extra-virgin olive oil
- salt, capers, garlic and parsley
- Fillet the flag fish, making 30 cm fillets each.

### **PREPARATION**

Compose the filling with a smoked provola nut, grated bread, capers and minced garlic, wrap the fillets on themselves, bread them in the breadcrumbs. Bake at a temperature of 180 ° for about 5-7 minutes.

Pour a drizzle of extra virgin olive oil over the fillets and decorate with parsley leaves.

## 255. Spaghetti Marinara



SERVING: 4 people

### Ingredient

- Fresh or peeled San Marzano tomato 500 gr
- Black Gaeta olives 50 gr
- Desalinated capers 50 gr
- Extra virgin olive oil 80 gr
- Garlic 1 clove
- Oregano, salt to taste
- Spaghetti 350 gr

### Preparation

1. Let the garlic go in the oil.
2. Remove it blond. Add the tomatoes, olives, capers and cook for a quarter of an hour.
3. Taste for salt.
4. Lower the pasta and remove it al dente. Add the spaghetti to the sauce and add plenty of oregano.
5. Jump on the plate.

## 256. Vermicelli With Cuttlefish Ink



SERVING: 4 people

### **Ingredient**

- 320 grams of linguine, vermicelli or spaghetti, even spaghettoni
- 3 very fresh squid ink pockets
- 250 gr. of cuttlefish
- 1 clove of garlic
- A very fresh lemon
- Extra virgin olive oil
- Fresh mint leaves

### **Preparation**

1. Clean the cuttlefish well, peel them and carefully collect the black bags and set them aside. Brown in a large pan 8 tablespoons of extra virgin olive oil with the whole garlic and just crushed, pour the well-dried cuttlefish cut into small pieces and fry for 2 minutes.
2. At the same time cook the vermicelli or spaghetti or even spaghetti in abundant salted water.
3. In a bowl mix the cuttlefish black pasta in very little cooking water and pour it into the pan with the cuttlefish

sauce, mixing well.

4. Strain the pasta al dente with a couple of minutes in advance and finish cooking by sautéing it in the pan with the dressing of the cuttlefish and the black, 2 drops of lemon each and, if necessary, add the pasta cooking water.

## 257. Ribbons With Thalli And Tuna



SERVING: 2 people

### Ingredient

- 200 g of ribbons
- 200 g of zucchini seeds
- 100 g of tuna Callipo reserve gold
- 2 tablespoon of olive oil
- pepper
- garlic

### Preparation

1. While the pasta is cooking, take the thalli clean and cut into strips, pass them quickly in boiling water.
2. On a frying pan make the garlic sweat and then remove it.
3. Add the thalli , Turn quickly.
4. Drain the pasta al dente and then add it to the thalli
5. Another minute turn off the heat , add the tuna and turn over Pepate
6. You can serve

## 258. Bluefin Tuna At The Two Sesame



Serving: 2 people

### **Ingredients**

- 180gr of Sicilian red tuna
- 30 gr white and black sesame mix
- 25 grams of avocado
- 25gr of eggplant
- 15g candied ginger
- 20 gr soy sauce
- Salt and pepper and oil to taste

### **Preparation**

1. Fillet and clean the red tuna, cut it into fillets and pass it in sesame. Blanch the fillets over high heat and cut into medallions. Separately cut the aubergines into strips, fry them and marinate them in soy.
2. Cut the red onions and cook in sweet and sour sauce, peel the avocado and blend it with a little oil and a dash of lemon
3. Place the tuna medallions on the plate and add the aubergines, the candied ginger, the avocado quenelles, the micro-salad and the chervil and season with the soy sauce.

### **259. Escarole And Cetara Anchovies Pie With Raisins And Pine Nuts**

Serving: 8 people

### **Ingredients**

- 2 heads of endive
- extra virgin olive oil
- 24 black olives from Gaeta
- 20 capers from Pantelleria desalinated
- 50 grams stale bread
- 10 grams of pine nuts
- 20 grams of raisins
- 16 fillets of desalted anchovies
- 2 cloves of Italian garlic
- pretzel qb
- 2 eggs.

### **Preparation**

1. In a saucepan put the garlic to fry with extra virgin olive oil.
2. As soon as the garlic turns blond, add the endive that you have previously washed and coarsely chopped.
3. When the endive is withered add black olives and capers that you have carefully washed and desalted and proceed with a quick cooking.
4. Let cool and place in a container.
5. Add the bread cut into cubes and the eggs that will serve to tie it all together.
6. Take some oil moulds and fill them with the endive and bake at 160 degrees for 10 minutes.
7. Apart from having put the raisins to soak and toasted the pine nuts.
8. Put the baked pie in a shallow dish, garnish with raisins and toasted pine nuts, add the salted anchovies, preferably Cetara and a sprinkling of parsley.

## 260. Shrimp Pie

### INGREDIENTS

- 250g of flour
- 200g of unsalted cold butter
- 1 teaspoon salt
- 3 tbsp water
- 2 tbsp olive oil
- 2 cloves garlic, minced
- 400g peeled clean shrimp
- 1 tomato without skin and without chopped seed
- 2 tbsp coconut milk
- 1 minced finger pepper
- salt
- ¼ cup sour cream
- 2 tbsp chopped cilantro
- 1 egg

### INSTRUCTIONS

- Put the flour in a bowl and add the diced butter.
- Knead with fingertips until crumbly.
- Add salt and, gradually, water until it turns into dough. Cover with plastic and refrigerate for 1 hour.
- Heat a frying pan, sprinkle with olive oil and brown the garlic and prawns.
- Add the tomatoes, sauté for a couple of minutes, then add coconut milk and pepper and cook for another two minutes.
- Season with salt, add the cream, turn off the heat and add the cilantro. Set aside to cool.
- To open the dough in portions and to cover the pancakes, to stuff with the shrimp and to cover with a circle of dough.
- Brush with the yolk and bake in the preheated oven at 180 degrees for about 30 minutes or until golden brown.



## 261. Creamy Shrimp Oven Rice



### INGREDIENTS

- 2 tbsp olive oil
- 600g clean little shrimp
- 1 clove minced garlic
- 1 chopped seedless tomato
- 2 tbsp tomato extract
- 1 cup canned sour cream
- salt
- Black pepper
- ¼ cup chopped parsley
- 5 cups cooked rice
- 2 gems
- 1 jar (200g) of curd
- ½ cup grated Parmesan + ½ cup sprinkling

### INSTRUCTIONS

- Heat a skillet, sprinkle with olive oil, and brown the shrimp. Add the garlic, the chopped tomatoes, sauté for 2 minutes and add the tomato extract and then the cream, season with salt and pepper, turn off the heat and set aside.
- In a bowl, combine rice, egg yolks, curd, and ½ cup Parmesan.

- Cover the bottom of a previously oiled refractory with rice. Arrange the prawns, cover with parsley, and ½ cup Parmesan cheese.
- Bake in the preheated oven at 180 degrees for about 25 minutes or until browned the cheese.

## 262. Shrimp in the pumpkin



### INGREDIENTS

- 1 large pumpkin
- 8 cloves garlic, minced
- 1 ½ minced onion
- Black pepper to taste
- Salt to taste
- 3 tablespoons olive oil + braised olive oil
- 1kg clean, fresh shrimp
- 2 chopped tomatoes
- ½ cup of passata
- ¼ bunch of coriander
- 2 seedless minced finger peppers
- 1 can of sour cream
- 1 cup of curd
- 100g grated mozzarella cheese

### INSTRUCTIONS

- Open the pumpkin, remove the seeds. Reserve.
- Knead 5 cloves of garlic with ½ onion, black pepper, salt, and olive oil.

- Rub this paste inside the pumpkin, cover and bake at 180 degrees for 30 minutes.
- Season the shrimps with salt, black pepper, and lemon juice.
- In a hot skillet with a drizzle of olive oil, brown the prawns, season with salt and pepper, and set aside.
- Sauté the remaining onion, garlic and add the tomatoes and cook for 10 minutes.
- Add the coriander, the pepper, the cream, the curd, the prawns, and correct the salt.
- Arrange the shrimp with the sauce inside the pumpkin and mix it with the cooked pumpkin from the inside.
- Top with grated mozzarella cheese.
- Bake in the preheated oven for 20 minutes or until browned.

## 263. Seafood Noodles

### INGREDIENTS

- Braised olive oil
- 4 cloves garlic, minced
- 300g of clean squid cut into rings
- 200g mussel without shell
- 200g shell-less volley
- 10 clean prawns
- 150g of dried tomatoes
- salt to taste
- black pepper to taste
- 500g of pre-cooked noodles
- ½ pack of watercress
- ½ Lemon Juice
- parsley to taste

### INSTRUCTIONS

- In olive oil, sauté the garlic and add the squid, the mussel, the shrimp, and the shrimp.
- Add the dried tomatoes and season with salt and pepper.
- Add the noodles, watercress, season with lemon juice, and parsley.

## 264. Potato Dumpling with Shrimp

### INGREDIENTS

- 500g of pink potatoes
- 1 egg
- salt to taste
- 1 tbsp chopped parsley
- 2 tablespoons flour + flour for handling and breading
- 10 units of clean giant tailed shrimp
- black pepper to taste
- ½ packet of chopped cilantro
- 3 tablespoons palm oil
- 4 lemon juice
- frying oil

### INSTRUCTIONS

- Put the potato to cook for 40 minutes.
- When very tender, remove from heat, let cool and mash potatoes already peeled.
- Add the egg and mix well, season with salt and parsley and add the flour. Set aside in the fridge for 2 hours.
- Make small transverse cuts on the belly of the shrimp, without cutting to the end. Season the shrimp with salt, black pepper, chopped coriander, palm oil, and lemon juice. Leave marinating for 15 minutes.
- Take a portion of the potato flour dough in your hands and shape around a shrimp leaving the tail out.
- Rinse flour again and fry in hot oil until golden.

## 265. Creamy Shrimp Cone



### INGREDIENTS

- Braised olive oil
- 3 cloves minced garlic
- 400g Shrimp Sauce (clean and peeled)
- 2 tablespoons tomato paste
- 1 cup of coconut milk
- Salt to taste
- 1 minced finger pepper
- 2 tbsp chopped cilantro
- 100g grated mozzarella cheese
- 100g of bread bran

### INSTRUCTIONS

- In olive oil, sauté the garlic until it gives off an aroma.
- Add the shrimp.
- Add tomato extract, coconut milk, and reduce for 10 minutes over medium heat.
- Season with salt, pepper, ginger, and chopped coriander.
- Arrange in peels or ramekins, arrange portions of mozzarella cheese and portions of breadcrumbs and bake 180 degrees for 20 minutes or until browned.

## 266. Shrimp cocktail



## **INGREDIENTS**

- 10 clean, peeled and tailed GG prawns
- salt
- Black pepper
- 150g chopped clean medium shrimp
- 100ml of cold milk
- 1 cup olive oil
- ½ clove garlic
- 1 cup ketchup
- ½ cup of pepper jelly
- 1 tbsp brandy
- 2 tbsp English sauce
- 1 tbsp chopped cilantro + 1 tbsp to garnish

## **INSTRUCTIONS**

- To heat a frying pan, to arrange GG prawns, to the season with salt and pepper and to broil until golden, to reserve.
- In the same skillet, quickly sauté the chopped shrimps, season with salt and pepper, and set aside.
- In a blender, beat the chilled milk and gradually turn the olive oil until it is consistent.
- Add the garlic clove, salt, and ketchup.
- To arrange in a bowl and to add the pepper jelly, the brandy, the English sauce, the coriander, and the minced prawns. Mix and bring it to the fridge.



- When cold, serve the sauce in bowls with the prawns, sprinkle cilantro and serve.

## 267. Shrimp Basket

### INGREDIENTS

- 200g of filo pastry
- 1 tablespoon melted butter
- 400g medium shrimp
- 2 tbsp olive oil
- salt
- Black pepper
- 450g of cream cheese
- 100g of sour cream
- 2 tbsp lemon juice
- 1 tsp lemon zest

### INSTRUCTIONS

- Cut squares of filo pastry, place two squares of dough in each muffin pan, brush with butter and bake in a preheated oven at 180 degrees for about 20 minutes or until golden brown.
- Heat a frying pan, sprinkle with oil, add portions of shrimps, season with salt and pepper and brown for approximately 3 minutes. Repeat the process with all the shrimp and set aside.
- Mix cream cheese with sour cream, add lemon juice, pepper, and prawns  $\frac{3}{4}$ .
- Arrange portions of cream in filo baskets and garnish with remaining shrimp and lemon zest.

## 268. Shrimp Stash

### INGREDIENTS

- Braised olive oil
- 400g of shrimp
- 1 chopped onion
- 1 clove minced garlic
- 1 minced pepper
- 2 tbsp tomato extract
- Salt to taste
- 200g of curd
- 2 tbsp chopped parsley
- 250g of baroa potatoes
- 100g of sour cream
- 150g grated mozzarella cheese

### INSTRUCTIONS

- Over high heat, sauté the shrimp slightly and add onion, the minced garlic, and the finger pepper.
- Add the tomato paste, a pinch of salt, then the curd, and the chopped parsley. Reserve.
- To cook the baron potatoes in boiling water.
- To mash the baron potatoes and to add the cream. Season with salt. If necessary, use a mixer to make the puree smooth. Reserve.
- Arrange the shrimp in a refractory form, arrange the mozzarella cheese and cover with the manioc puree on top.
- Bake at 200 degrees for 15 minutes.

## 267. Minty Cod Mix



### Ingredient

- 4 boneless cod fillets
- $\frac{1}{2}$  c. low-sodium chicken stock 2 tbsps. Olive oil
- $\frac{1}{4}$  tsp. black pepper 1 tbsp. chopped mint
- 1 tps. grated lemon zest
- $\frac{1}{4}$  c. chopped shallot 1 tbsp. lemon juice

### Preparation

1. Heat up a pan with the oil over medium heat, add the shallots, stir and sauté for 5 minutes.
2. Add the cod, the lemon juice and the other ingredients, bring to a simmer and cook over medium heat for 12 minutes.
3. Divide everything between plates and serve.

## 268. Creamy Sea Bass Mix



### Ingredients:

- 1 tbsp. chopped parsley
- 2 tbsps. avocado oil 1 c. coconut cream 1 tbsp. lime juice
- 1 chopped yellow onion
- ¼ tsp. black pepper
- 4 boneless sea bass fillets

### Preparation

1. Heat up a pan with the oil over medium heat, add the onion, toss and sauté for 2 minutes.
2. Add the fish and cook it for 4 minutes on each side.
3. Add the rest of the ingredients, cook everything for 4 minutes more, divide between plates and serve.

## 269. Tender Salmon In Mustard Sauce

### Ingredients:

- 5 tbsps. Minced dill 2/3 c. sour cream Pepper.
- 2 tbsps. Dijon mustard 1 tsp. Garlic powder
- 5 oz. salmon fillets
- 2-3 tbsps. Lemon juice

### Preparation

1. Mix sour cream, mustard, lemon juice and dill.
2. Season the fillets with pepper and garlic powder.
3. Arrange the salmon on a baking sheet skin side down and cover with the prepared mustard sauce.
4. Bake for 20 minutes at 390 ° F.

## 270. Crispy Garlic Shrimp

### Ingredients:

- 1 lb. shrimp, peeled and deveined
- 2 teaspoons garlic powder Pepper to taste
- ¼ cup flour Cooking spray

### Preparation

1. Season shrimp with garlic powder and pepper.
2. Coat with flour.
3. Spray your air fryer basket with oil.
4. Add shrimp to the air fryer basket.
5. Cook at 400 degrees F for 10 minutes, shaking once halfway through.

## 271. Salmon Cakes



### Ingredients:

- Cooking spray
- 1 lb. salmon fillet, flaked
- ¼ cup almond flour
- 2 teaspoons Old Bay seasoning 1 green onion, chopped

### Preparation

1. Preheat your air fryer to 390 degrees F.
2. Spray your air fryer basket with oil.
3. In a bowl, combine the remaining ingredients.
4. Form patties from the mixture.
5. Spray both sides of patties with oil.
6. Air fry for 8 minutes.

## 272. Mexican Fish



### **Ingredients:**

- 4 fish fillets
- 2 teaspoons Mexican oregano 4 teaspoons cumin
- 4 teaspoons chili powder Pepper to taste
- Cooking spray

### **Preparation**

1. Preheat your air fryer to 400 degrees F.
2. Spray fish with oil.
3. Season both sides of fish with spices and pepper.
4. Place fish in the air fryer basket.
5. Cook for 5 minutes.
6. Flip and cook for another 5 minutes.

## **273. Crumbed Fish**

### **Ingredients:**

- ¼ cup olive oil



- 1 cup dry breadcrumbs
- 4 white fish fillets Pepper to taste

### **Preparation**

1. Preheat your air fryer to 350 degrees F.
2. Sprinkle both sides of fish with pepper.
3. Combine oil and breadcrumbs in a bowl.
4. Dip the fish into the mixture.
5. Press breadcrumbs to adhere.
6. Place fish in the air fryer.
7. Cook for 15 minutes.

## **274. Crab Salad**

### **Ingredients:**

- 2 c. crab meat
- 1 c. halved cherry tomatoes
- 1 tbsp. olive oil Black pepper
- 1 chopped shallot
- 1/3 c. chopped cilantro
- 1 tbsp. lemon juice

### **Preparation**

1. In a bowl, combine the crab with the tomatoes and the other ingredients, toss and serve.

## **275. Hot Tuna Steak**



### **Ingredients:**

- 2 tbsps. Fresh lemon juice
- Pepper.
- Roasted orange garlic mayonnaise
- ¼ c. whole black peppercorns 6 sliced tuna steaks
- 2 tbsps. Extra-virgin olive oil Salt

### **Preparation**

1. Place the tuna in a bowl to fit. Add the oil, lemon juice, salt and pepper. Turn the tuna to coat well in the marinade. Let rest 15 to 20 minutes, turning once.
2. Place the peppercorns in a double thickness of plastic bags. Tap the peppercorns with a heavy saucepan or small mallet to crush them coarsely. Place on a large plate.
3. When ready to cook the tuna, dip the edges into the crushed peppercorns. Heat a nonstick skillet over medium heat. Sear the tuna steaks, in batches if necessary, for 4 minutes per side for medium-rare fish, adding 2 to 3 tablespoons of the marinade to the skillet if necessary, to prevent sticking.
4. Serve dolloped with roasted orange garlic mayonnaise

## 276. Chocolate chip cookies

### ingredients

- 120 g soft butter
- 140 g sugar I take half sugar/coconut blossom sugar
- 1 egg
- 220 g light spelled flour
- 40 g cocoa unsweetened
- 1/2 tsp baking powder
- 1 pinch of salt

### Instructions

1. Mix the soft butter and sugar with the whisk of the mixer until creamy. Add the egg and stir in.
2. Mix the flour, cocoa, baking powder, and salt. Add and stir briefly until a soft dough is formed.
3. Wrap the dough in cling film and chill for 30 minutes.
4. Preheat the oven to 180 degrees top and bottom heat. Line the baking sheet with baking paper.
5. Roll out the dough about 6 mm thin on a lightly floured work surface and cut out biscuits with any shape. Bake for about 10 minutes.
6. Decorate the cooled biscuits with melted chocolate, icing or icing sugar as desired.

## 277. Lobster cobb salad



### Ingredients

- 4 small lobsters
- 2 tomatoes
- 1 chive
- 1 green pepper
- ½ red pepper
- 1 lemon
- black pepper
- virgin olive oil
- coarse salt and assorted lettuce leaves.

### Preparation Step

1. Cook lobsters 3 minutes in hot salted water. At that time, lower heat and cook for another 10 minutes (time will depend on lobster size).
2. After 10 minutes, move them to a container with plenty of water, coarse salt, and ice.
3. When they've cooled, peel them, be careful not to split them, and cut them into slices. Hold in refrigerator lined with absorbent material.
4. Now chop all brunoise vegetables, that is, very finely. Spice them with olive oil, lemon juice, salt, and pepper.
5. Place the lobster slices in fan form and sprinkle the dressing we prepared before.

6. Accompany with a lettuce salad.
7. Chopped chives garnish.

## **278. coconut shrimp curry**

### **Ingredients**

- 2 shots of oil spray
- 2 tsp olive oil
- 1/2 Tbsp curry powder or to taste
- 1/2 tsp of salt
- 2 small chambray onions, thinly sliced
- 1/2 cup non-fat coconut milk
- 200 g large shrimp, peeled and deveined
- 3 cups of white or brown rice

### **Preparation step**

1. Spray a large skillet over medium heat with a cooking spray; add the oil and bake.
2. Add the curry powder and salt when hot; let cook and stir constantly until the curry releases about 1 minute of its aroma.
3. Attach the sliced white part of the chambray onions; cook , stirring, for about 2 minutes. Apply milk to the coconut; and blend. Add the shrimp; cook, stirring occasionally, for 4 to 5 minutes, until shrimp turn pink. Spread the green portion of the onions over the chambray and blend.
4. Serve 6 to 7 shrimps and 1 or 2 table spoons of sauce on each plate, serve your shrimp with 1 cup of rice.

## 279. Mason Jar sushi salad



### ingredient

- 200 g sushi rice
- salt
- 4 tbsp rice vinegar
- 1 ripe mango
- 1 cucumber
- 1 small red onion
- 2 tbsp black sesame seeds
- 2 avocados
- pepper
- 1 lemon
- 2 can (s) of tuna
- 2 tbsp mayonnaise
- Soy sauce

### Preparation steps

1. Cook rice in salted water according to package instructions. Then season with rice vinegar and let cool.
2. Peel the mango and cut into cubes. Wash the cucumber, cut open lengthways, core and dice. Peel the onion and cut it into fine rings. Mix the mango, cucumber, and onion. Stir in the sesame.
3. Remove the avocado pulp from the bowl and mash it with a fork. Season with salt, pepper, and lemon juice. Drain

the tuna and mix it with the mayonnaise. Season with lemon juice as well.

4. Divide the rice into 4 jars with a screw cap. First layer the tuna cream, then the avocado. Spread mango and cucumber salad over it. Serve with soy sauce.

## 280. Pistachio-Crusted Salmon



### Ingredients

- 3 tablespoons coarse-grain mustard
- 1 lemon, the juice
- 1/2 cups pistachio
- 1 tablespoon olive oil
- salt, and pepper
- 4 slices Salmon

### Preparation

1. Preheat oven to 375 F (190 ° C).
2. Put pistachios and grinder in a food processor. Add the mustard, the lemon juice, and the olive oil. Mix well. Season with salt and pepper.
3. Spread the pistachio mixture over the salmon slices and place on a greased pyrex.
4. Bake for 8-10 minutes depending on the thickness of the salmon.



## 281. Thai mussels



### Ingredients

- 1 kg. of mussels
- 1 red pepper
- 1 green pepper
- 1/2 finger fresh ginger
- 200 ml. coconut milk
- 1 teaspoon green curry paste
- Coriander
- Peanut oil

### Preparations

1. Let us be mindful of washing the seafood well before having something to do with cooking the ingredients for Thai muscles. We will do it with the cold-water pump, we will scrap the leaflets and throw out the bells.
2. Now, we need to wash the peppers, take the nerves and the seeds away and cut into three sections. We strip the skin and cut it very finely, too.
3. Thai moulds next is to apply a little coconut milk to the green curry paste in a tub. It's well diluted before we mix.
4. When it is dry, add the mouse when the fire is overheated and then we put a wok and add a stick of peanut oil. In addition to the rest of the cocoon milk, we then add the

peppers, ginger, and curry paste. Let it boil and set aside for a few minutes.

5. Sprinkle with a freshly chopped pinch of fresh coriander and serve as soon as possible.

## 282. Shrimp and pesto grilled pizza

### Ingredients

- 750 G shrimp

### *Ingredients for the pesto*

- 2 Pcs lemon
- 1 Federation mint
- 2 Pcs Garlic cloves

### preparation

1. For the pesto: peel the garlic and finely chop a toe. Wash, shake, and roughly chop the mint. Prepare a medium-sized jar and mix 8 tablespoons of olive oil, 1 tablespoon of whipped cream, 1 tablespoon of grated Parmesan cheese, a little salt, and pepper with the garlic and mint. Cover with cling film and put it in the fridge for about 60 minutes.
2. Wash the shrimp under cold running water and remove the feet. Leave the tails on the shrimp. Wash, shake, and chop the mint. Peel the garlic and chop into fine slithers. Halve the lemon and squeeze it out with a fruit press.
3. Put the shrimp in a large shape and garnish with the mint, garlic, and lemon juice. Also cover and let rest in the fridge for 40 minutes.
4. Heat up the grill and put the prawns on wooden skewers. Let it cook for 5-7 minutes, turning it over and over on the grill. Arrange appetizingly on plates and serve with the pesto.

## 283. Fiery salmon skewers

### Ingredients for 4 skewers

- 1 salmon sirloin
- 12 cherry tomatoes
- 1 bell pepper
- 1 zucchini
- 1 onion
- Olive oil
- 4 skewers

### *Ingredients for sweet and sour sauce*

- ½ glass of liquid cooking cream
- 1 tsp soy sauce
- 1 teaspoon lemon juice
- pepper
- Dill
- Salt

### Preparation steps

1. First, we remove the salmon skin, then cut it into large dice. Then cut all vegetables the same way (in big dice). When ready, start assembling the skewers, pricking salmon, onion, zucchini, green pepper, and cherry tomatoes. spread these ingredients on alternating skewer sticks.
2. Now we'll season the skewers lightly and heat a splash of olive oil in a frying pan or griddle if we have it. When it's already soft, we'll position the skewers separately, without touching each other.
3. While the skewers are being made, we mix liquid cream, soy sauce, lemon juice, a pinch of dill, and season to taste in a saucepan. Then heat it over low heat and stir regularly until it boils.
4. When we get the skewers primed, we cover and water each with the sauce we've prepared. This recipe is good

with white rice or cooked potatoes. As you've seen, preparing these salmon skewers is fast. Use them now!!

### **284. Orange salmon with nut rice**



#### **ingredients**

- 250 g basmati whole grain rice
- salt
- 1 organic orange
- 40 g herbs (1 handful; parsley and dill)
- tbsp olive oil
- pepper
- 600 g salmon fillet (4 salmon fillets)
- 50 g salted cashew nuts

#### **Preparation steps**

1. Cook rice in salted water until bite-proof according to the package instructions.
2. In the meantime, wash the orange off hot, pat dry, rub the peel finely and squeeze out the juice. Wash herbs, shake dry, chop and mix with orange juice and peel, 4 tablespoons of olive oil, salt, and pepper for the marinade. Brush a baking dish with residual oil. Rinse salmon under cold water, pat dry, and turn in the marinade.
3. Roughly chop the nuts. Spread rice in the form, mix in nuts and put fish fillets on top. Drizzle with the rest of the

marinade and cook in the preheated oven at 200 ° C (fan oven 180 ° C; gas: setting 3) for about 20 minutes.

### **285. Cod on broccoli and pea puree**



#### **ingredients**

- 400 g broccoli
- 1 shallot
- 1 clove of garlic
- 3 tbsp rapeseed oil
- 125 ml vegetable broth
- 200 g peas (frozen; thawed)
- 500 g cod fillet (4 cod fillets)
- ½ organic lemon (juice and zest)
- ½ tsp fennel seeds
- ½ tsp coriander seeds
- 10 g whole meal spelt flour (1 tbsp)
- salt
- pepper
- 2 stems mint
- 20 g sour cream (1 tbsp)
- 150 ml milk (3.5% fat)
- nutmeg

#### **Preparation steps**

1. Clean, wash and cut broccoli into florets. Peel and chop the shallot and garlic. Heat 1 tablespoon of oil in a saucepan. Braise shallot and garlic over medium heat for 2 minutes. Add broccoli and sauté for 3 minutes. Pour in the broth and

cover and cook for 8 minutes over low heat. Add the peas and simmer covered for 5 minutes.

2. In the meantime, rinse fish, pat dry, drizzle with lemon juice and let it steep for 5 minutes. Heat the remaining oil in a pan. Crush the fennel and coriander seeds in a mortar and fry in the hot oil for 2 minutes over medium heat. Pat the fish dry, turn in the flour and fry in the oil for 3 minutes. Turn and fry for another 3 minutes. Season the fish with lemon zest, salt, pepper and cover and let it steep for 5 minutes over low heat.
3. In the meantime, wash mint, shake dry, chop and mix with sour cream under the broccoli. Puree finely and season with salt and pepper.
4. Season the milk with salt, pepper and freshly grated nutmeg and heat. Arrange the vegetable puree with the fish on plates. Froth the seasoned milk well and pour a little foam over each fish.

## 286. Steamed fish fillet on a vegetable bed



### ingredients

- 1 shallot
- 100 g small bulb of fennel (1 small bulb of fennel)
- 60 g small carrots (1 small carrot)
- 3 tbsp classic vegetable broth
- salt
- pepper
- 70 g pangasius fillet (preferably organic pangasius)
- 2 stems flat-leaf parsley
- ½ small lime

### Preparation steps

1. Peel the shallot and dice finely.
2. Clean and wash the fennel and carrot, peel the carrot thinly. Cut both vegetables into narrow sticks.
3. Heat the broth in a coated pan. Add the shallot, fennel, and carrot and stew for about 3 minutes. Season with salt and pepper as desired.
4. Rinse fish fillet, pat dry, lightly salt, and put on the vegetables. Cover and simmer for 8-10 minutes over low heat.
5. In the meantime, wash the parsley, shake it dry, pluck the leaves and
6. chop finely with a large knife.

7. Squeeze half the lime and drizzle the juice over the fish to taste. Pepper as you like, sprinkle with the parsley and serve.

## **287. Radish and shrimp pan on celery root**

### **ingredients**

- 400 g celeriac (1 piece)
- salt
- 1 shallot
- 1 bunch radish
- 200 g shrimp (ready to cook, peeled)
- 10 g dill (0.5 bunch)
- 2 tbsp olive oil
- 1 tsp lemon juice
- pepper
- 50 ml milk (1.5% fat)
- 20 g parsley (1 bunch)

### **Preparation steps**

1. Peel, wash, chop celery and cook softly in salted water in 15 minutes over medium heat.
2. In the meantime, peel and finely chop the shallot. Clean, wash, and quarter radishes. Rinse the shrimp and pat dry. Wash and chop the dill.
3. Heat 1 tablespoon of oil in a pan. Add shrimps and sauté over medium heat for 5-7 minutes. Remove and set aside. Put radishes and shallots in the same oil and fry over medium heat for 5 minutes. Add shrimp, dill, and lemon juice and season with salt and pepper.
4. Drain celery, add milk and remaining oil, puree with a hand blender. Wash the parsley, shake it dry, chop it, fold it under the puree, and season with salt and pepper. Serve the shrimp pan on the puree.



## 288. Thai crab meat salad

### ingredients

- 300 g small peppers (1 red, 1 green, 2 small peppers)
- 1 large shallot
- 1 kg small papaya (3 small papayas)
- 30 g ginger (1 piece)
- 1 red chili pepper
- 2 tbsp rice vinegar
- 3 tbsp Thai fish sauce
- 1 tbsp sugar
- ¼ tsp salt
- 350 g pocket crab meat
- ½ bunch coriander

### Preparation steps

1. Quarter the peppers, core, wash and cut into 5 mm cubes.
2. Peel and chop the shallot.
3. Peel and core 1 papaya and cut into 5 mm cubes.
4. Peel the ginger, cut it into pieces and squeeze it out in a garlic press, catch the juice. Halve, core, wash and finely chop the chilli.
5. Mix the ginger juice, vinegar, fish sauce, sugar, salt and 2 tablespoons of water until the sugar and salt have dissolved.
6. Examine the crab meat for any shell parts. Mix all prepared ingredients carefully in a bowl.
7. Wash the coriander, shake it dry, pick the leaves, but leave the delicate stems on the leaves.
8. Halve the remaining papayas and remove the seeds. Line the papaya halves with the coriander and pour in the salad. Serve immediately.

## 289. Crispy fish with tomato and bread salad



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### ingredients

- 400 g tomatoes (4 tomatoes)
- 1 small onion
- 120 ml classic vegetable broth
- 3 tbsp balsamic vinegar
- 4 tbsp rapeseed oil
- salt
- pepper
- 600 g pollack fillet
- 100 g cornflakes
- 1 egg
- 1 tbsp milk (1.5% fat)
- 45 g flour (3 tbsp)
- 150 g mixed bread (from the previous day; 3 slices)

### Preparation steps

1. Wash the tomatoes, quarter them, remove any stalks and cut them into bite-size cubes. Peel the onion and dice very finely.
2. In a bowl, stir in the vegetable broth, vinegar and 2 tablespoons of oil with a little salt and pepper. Fold in the tomato cubes.
3. Rinse fish fillet, pat dry and cut into broad strips. Salt and pepper.

4. Put the cornflakes in a freezer bag and finely crumble them with a rolling pin. Spread the crumbs on a large plate.
5. Whisk egg and milk in a deep plate. Put the flour on another flat plate.
6. Crispy fish with tomato bread salad preparation Step 6
7. First turn the fish strips in the flour and then pull them through the egg milk.
8. Drain a little and roll in the cornflakes, pressing firmly each time.
9. Dice the bread and roast all over in a coated pan over medium heat until it is crispy. Sprinkle over the tomato salad.
10. Heat the remaining oil in the pan. Fry the fish strips in a row over medium to high heat for 3-4 minutes on each side and let them drain on kitchen paper. Serve with the tomato bread salad.

## 290. Pancakes stuffed with salmon



### ingredients

- 200 g spelled flour type 1050
- 300 ml milk (3.5% fat)
- 1 pinch
- salt
- 2 eggs
- 3 tbsp rapeseed oil ‘
- 200 g cream cheese
- 1 tsp horseradish (glass)
- ½ organic lemon
- 200 g smoked salmon
- dill tips for garnish

### Preparation steps

1. For the pancakes, stir in the flour with the milk and salt until smooth, mix in the eggs and let them rest for about 20 minutes.
2. To bake, add a little rapeseed oil to a hot, somewhat smaller pan (approx. 20 cm in diameter) and bake 12 thin, small pancakes one after the other. Stack on a plate.
3. Mix the cream cheese with the horseradish until creamy. Wash the lemon hot, grate dry, grate the peel and squeeze out the juice. Season with cream cheese with lemon juice and lemon zest and spread thinly on the still slightly warm pancakes. Top each with a slice of salmon and fold twice.
4. Arrange on plates and serve garnished with dill

## 291. fish burger



### ingredients

- 2 handfuls leaf lettuce
- 3 ripe tomatoes
- 2 spring onions
- 480 g pollack fillet (or redfish)
- 1 tbsp lemon juice
- seasoned salt
- 1 map. dried chili flakes
- 4 tbsp olive oil
- 4 bun
- 4 tbsp mayonnaise
- 1 tbsp fresh dill

### Preparation steps

1. Wash the salad, select it, spin it dry and cut it into bite-size pieces. Wash the tomatoes, cut out the stem, and cut the tomatoes into slices. Wash, clean and cut the spring onions into small rolls.
2. Wash the fish fillets, pat dry, drizzle with lemon juice, season with herb salt and chili, and brush with olive oil. Then grill on the grill for 2-3 minutes on each side.
3. Halve the rolls and toast lightly. Top with lettuce, tomato slices, and spring onions, drizzle 1 tbsp mayonnaise over each. Then place the grilled fish on top, garnish with washed dill tips, and put on the topper.

## 293. Garlic prawns



- cooking time 5 mins
- servings 6
- calories 68

### **Ingredients**

- 24 prawns (medium-sized, detached and ready to cook)
- 250 ml of olive oil
- 6 pieces of garlic cloves
- 2 pieces of chilli peppers (dried)
- Salt (from the mill)

### **preparation**

1. Cut the garlic into thin slices, halve the chili peppers, remove the seeds and chop them into small pieces.
2. Heat the olive oil in a pan and fry the garlic and chilli peppers in the hot oil until the garlic takes on a light color.
3. Salt the prawns and fry for about 3 minutes until they are nice and pink.
4. Serve hot.

### 294. Shrimps with garlic

- cooking time 15 mins
- servings 4
- calories 343

#### ingredients

- 500 g prawns (small, shrimp)
- 1 chilli pepper (red)
- 5 cloves of garlic
- 2 tbsp parsley (finely chopped)
- 1 bay leaf
- olive oil
- Sea salt (from the mill)
- Pepper (from the mill)

#### preparation

1. Loosen the prawns from the shell and remove the intestines. Core the chilli pepper and cut into thin half-rings, the garlic finely. Heat the olive oil in a pan and cook the prawns with chilli, garlic and bay leaf for 2 minutes over relatively high heat, stirring constantly. Before serving, season with salt and pepper and sprinkle with chopped parsley.

### 295. Truffle egg dish

- cooking time 15 mins
- servings 4

#### ingredients

- 100 g shrimp (peeled and cooked)
- 3 egg yolks
- 125 ml milk
- 125 ml whipped cream
- Sea salt (from the mill)
- Pepper (white, from the mill)
- 1 tbsp truffle oil

#### preparation

1. Whip the milk, cream, egg yolk and truffle oil in stainless steel dishes, stirring constantly over hot steam, until the egg begins to thicken.
2. Roughly chop the shrimp and stir into the truffle egg.
3. Season the truffle egg dish with freshly ground salt and pepper.

### 296. Scallops on a skewer



- cooking time 60 mins
- servings 4
- calories 199

#### **ingredients**

- 16 scallops
- 1/2 red pepper

*For the marinade:*

- some lime juice
- some peel of an untreated lime
- 1 pinch of curry powder
- salt

#### **preparation**

1. For the scallops on a skewer, mix the lime juice and zest, curry powder, salt and pepper with the olive oil to a marinade. Place the scallops in the marinade and let them steep for an hour.
2. In the meantime, remove the skin, stones and stem from the bell pepper and cut into squares.



3. Place the scallops and pepper pieces alternately on the wooden skewers. Place on the hot grill and grill each side for about 6 minutes.

## 297. Pickled salmon trout sandwich



- cooking time 20mins
- serving 1
- calories 304

### ingredients

- Ciabatte (or white bread)
- 2 slices of salmon trout (graved)
- 1 tbsp cream cheese (natural)
- 1 teaspoon honey mustard dill sauce
- Lettuce leaves
- Cucumber slices

### preparation

1. For the sandwich with pickled salmon trout, cut the ciabatta bread in half, spread the lower half with cream cheese and cover with the lettuce leaves.
2. Place the salmon trout slices on top and brush with the honey and mustard sauce. Finish with cucumber slices and the top half of the bread.

### **298. Cottage fish spread**

- cooking time 15mins
- serving 4
- calories 156

#### **ingredients**

- 250 g cottage cheese
- 1/2 bunch of chives
- 1 can (s) of tuna (natural)
- salt
- pepper
- 1 squirt of lemon juice

#### **preparation**

1. For the cottage fish spread, wash and finely chop the chives. Chop up the tuna. Mix the cottage cheese with the chives, tuna and lemon juice.
2. Season with salt and pepper.

### **299. Fried wild salmon fillet**

- cooking time 5mins
- serving 1
- calories 156

#### **ingredients**

- 60 days wild salmon fillet
- 8 Dag butter
- salt
- pepper
- Chilli flakes

#### **preparation**

1. For the roasted wild salmon fillet, salt and pepper the wild salmon fillets and sprinkle with a few chilli flakes. Heat the butter in a pan and fry the salmon fillets on both sides.

2. Arrange and serve.

### 300. Salmon spread with curd cheese



- preparation time 5mins
- cooking time 15mins
- servings 4

#### **ingredients**

- 250 g curd cheese
- 200 g smoked salmon (finely chopped)
- 1/2 lemon (juice)
- salt
- pepper
- Herbs (as desired)

#### **preparation**

1. Finely chop the smoked salmon.
2. Mix the curd cheese, smoked salmon, lemon juice, herbs of your choice, salt and pepper together well.
3. Season again to taste and serve.

### 301. Smoked trout spread



- cooking time 19mins
- serving 4
- calories 100

#### ingredients

- 1 cup of creme fraiche
- 3 eggs (hard-boiled)
- 2 trout (smoked)
- 3 tbsp herbs (chopped)
- pinch of pepper
- 1/2 cup of sour cream
- 1 squirt of lemon juice
- salt

#### preparation

1. For the smoked trout spread, peel the hard-boiled eggs cut them finely and place in a bowl. Chop the trout fillets and add.
2. Mix with creme fraiche and sour cream to make a spreadable fish spread. Finally, season with a splash of lemon juice and the chopped herbs.
3. Season to taste with salt and pepper and leave the smoked trout spread in the refrigerator for about 60 minutes.

### **302. Tuna salad with beans**

- Preparation time 5mins
- Cooking time 15mins
- Servings 2

#### **Ingredients**

- 2 can (s) of tuna (Mexican)
- 1/2 bell pepper (yellow)
- some iceberg lettuce (cleaned and washed)
- tomato
- tbsp vinegar (preferably white wine vinegar)
- 1 tbsp olive oil
- 1 pinch of sugar
- salt
- Pepper (freshly ground)

#### **preparation**

1. For the tuna salad with beans, chop up the iceberg lettuce, mix with vinegar, salt, pepper, a pinch of sugar and oil. Arrange on plates, place the tuna in the centre, garnish the edge with thinly sliced paprika, quarter the tomatoes and place on top of the tuna. Sprinkle with pepper all around.

### **303. Pizza toast**

#### **ingredients**

- 1/4 stick (s) salami
- 1 kg of pizza cheese
- 1 can (s) of tuna
- Pizza seasoning
- 1/2 can (s) of corn
- toast

#### **preparation**

1. Cut the salami into small pieces.

2. Then mix all the ingredients together and season with pizza seasoning.
3. Preheat the oven to approx. 200 ° C.
4. Place toast on the baking sheet and distribute the well-mixed ingredients on the bread.
5. Put it in the oven and when the cheese has melted and the bread are lightly browned, the pizza toasts can be enjoyed!

### **304. Breakfast with salmon trout and egg dish**



- cooking time 20mins
- serving 4
- calories 300

#### **ingredients**

- 2 slices of rye bread (or wholemeal toast)
- 2 organic eggs (size M)
- 2 tbsp cream cheese (natural)
- 4 slice (s) of salmon trout (pickled)
- some butter
- salt
- Pepper (freshly ground)
- Sprouts (for garnish)

#### **preparation**

1. For breakfast with salmon trout and egg dish, toast the bread first. Lightly whisk the eggs and prepare an egg dish in a little foamed butter, season with salt and pepper.
2. Brush the bread with cream cheese, spread the egg dish on top and cover with the pickled salmon trout. The



breakfast of salmon trout and scrambled eggs with sprouts garnish.

### 305. Cucumber noodles with char sauce



- Preparation time 5mins
- Cooking time 15mins
- Servings 1

#### **ingredients**

- 100 g yoghurt (possibly soy yoghurt)
- 35 g bell peppers (red)
- 1 clove (s) of garlic
- 130 g brook char (smoked)
- 250 g cucumber
- 1 tbsp Dille (chopped)

#### **preparation**

1. For the cucumber noodles with char sauce, cut the peppers into small cubes, finely chop the garlic clove, and cut the brook char into small pieces.
2. Mix the yoghurt with the diced paprika, the garlic and the brook trout and season with salt. Cut the cucumber into a noodle shape with the spiral cutter, mix with the char sauce and serve sprinkled with the dill.

### **306. Salmon pancakes rolls**

- cooking time 15 mins
- serving 1
- calories 304

#### **ingredients**

- 2 pancakes
- 150 g smoked salmon
- 150 g cream cheese (natural)
- 1 tbsp horseradish (freshly torn)
- 1 teaspoon lemon juice

#### **preparation**

1. First, mix the cream cheese with the grated horseradish and lemon juice and spread on the pancakes.
2. Place the smoked salmon on the pancakes coated with cream cheese and roll-up.
3. Cut into pieces approx. 3 cm thick and serve.

### **307. The Caribbean flavoured salmon**

- preparation time 10mins
- cooking time 20mins
- servings 2

#### **ingredients**

- 400 g salmon
- 2 tbsp jerk seasoning
- 2 tbsp margarine (for frying)

#### **preparation**

1. For the Caribbean salmon, clean the salmon (remove any remaining scales), wash and dry with kitchen paper.
2. Rub both sides with jerk spice. Heat the fat in a pan and fry the salmon on both sides over medium heat.

### 309. Tuna and Cheese Salad



- cooking time 20mins
- serving 1
- calories 304

#### **ingredients**

- 3 handfuls of lettuce (as desired)
- 150 g of cottage cheese
- 1 can (s) of tuna
- 10 tomatoes (small or cocktail)
- 30 g blue cheese
- olive oil
- Balsamic cream
- salt
- pepper

#### **preparation**

For the tuna and cheese salad, wash and dry the lettuce and tomatoes. Divide the lettuce into bite-sized pieces, halve or quarter the tomatoes (depending on size), cut the blue cheese into bite-sized pieces.

Mix all ingredients together or place individually on plates, marinate with olive oil and balsamic cream and season with salt and pepper.

### 310. Andalusian prawns



- cooking time 15 mins
- serving 4

#### **ingredients**

- 150-200 g prawns (without shell)
- 2 tomatoes
- 1/2 onion
- 6 pcs. Olives (without seeds)
- 1 tbsp parsley (chopped)
- salt
- pepper
- White wine (for pouring)
- Olive oil (for sweating)

#### **preparation**

1. For the Andalusian prawns, cut the tomatoes and onions into fine cubes. Sweat both in olive oil, add the olives and chopped parsley and season with salt and pepper.
2. Put in the prawns and let stand for 3 minutes.
3. Rinse with white wine, let it get hot for a moment and serve the Andalusian prawns.



### **311. Scrambled eggs with truffles**

- cooking time 15 mins
- serving 4

#### **Ingredients**

- 100 g shrimp (peeled and cooked)
- 3 egg yolks
- 125 ml of milk
- 125 ml whipped cream
- Sea salt (from the mill)
- Pepper (white, from the mill)
- 1 tbsp truffle oil

#### **Preparation**

1. Whisk the milk, cream, egg yolk and truffle oil in a stainless-steel bowl, stirring constantly with hot steam until the egg begins to freeze.
2. Roughly chop the prawns and stir into the truffle.
3. Season the truffle eggshell with freshly ground salt and pepper.

### **312. Cold cucumber soup with crayfish**

- preparation time 5mins
- cooking time 15mins
- servings 4

#### **ingredients**

- 2 cucumbers (medium)
- 500 ml sour cream (yoghurt or buttermilk)
- salt
- Pepper (white, from the mill)
- Dill
- some garlic
- 12 crayfish tails (up to 16, freely, raised)
- Cucumber cubes
- Tomato cubes
- Sprigs of dill

## preparation

1. For the cold cucumber soup with crayfish, cook the crabs and release the tails. Peel and core the cucumber and mix with sour cream (yoghurt or buttermilk). Season with salt, pepper, dill and a little garlic. Arrange in chilled plates, place cucumber and tomato cubes as well as crab tails and garnish with dill.

### 313. Truffle egg dish



- preparation time 5mins
- cooking time 15mins
- servings 4

## ingredients

- 100 g shrimp (peeled and cooked)
- 3 egg yolks
- 125 ml of milk
- 125 ml whipped cream
- Sea salt (from the mill)
- Pepper (white, from the mill)
- tbsp truffle oil

## preparation

1. Whip milk, cream, egg yolk and truffle oil in stainless steel dishes, stirring constantly over hot steam until the egg begins to set.
2. Roughly chop the shrimp and stir into the truffle egg.
3. Season the truffle egg dish with freshly ground salt and pepper.





### 314. Shrimps with garlic



- preparation time 5mins
- cooking time 15mins
- servings 2

#### **ingredients**

- 500 g prawns (small, shrimp)
- chilli pepper (red)
- 5 cloves of garlic
- tbsp parsley (finely chopped)
- 1 bay leaf
- olive oil
- Sea salt (from the mill)
- Pepper (from the mill)

#### **preparation**

1. Remove the prawns from the shell and remove the intestines. Core the chilli pepper and cut the garlic finely into thin half-rings. Heat olive oil in a pan and cook the prawns with chilli, garlic and bay leaf for 2 minutes over relatively high heat, stirring constantly. Before serving, season with salt and pepper and sprinkle with chopped parsley.

### **315. Crayfish in the brew**

- preparation time 5mins
- cooking time 15mins
- servings 6

#### **ingredients**

- 3 kg crayfish (freshly caught and live)
- 15 litres of salt water
- onion
- Garden herbs (fresh)
- salt
- pepper
- Bay leaf
- 1 leek (s)
- Caraway (fresh)

#### **preparation**

1. Let the freshly caught crayfish boil in the boiling salted water with vegetables and herbs for about 2 - 4 minutes and let it simmer for the same time. All ingredients are cooked in the brew and this can also be eaten afterwards to detoxify.

### **316. Organic prawns on wok vegetables**

#### **ingredients**

- 10 pieces You n 'Me Black Tiger organic shrimp (or hand-selected shrimp)
- 60 g eggplant
- 60 g baby corn
- 40 g cherry tomatoes
- 40 g sugar snap peas
- 40 g Chinese cabbage
- 40 g basil (fresh)
- 20 g oyster sauce
- 10 g chilli (green)

- 2 tbsp soy sauce
- 2 pieces of limes (juice of the limes)
- 20 g onion (green)
- 4 tbsp sunflower oil

### **preparation**

1. For the organic prawns on wok vegetables, gently heat sunflower oil in the wok, sauté the vegetables in it, season with oyster sauce, chillies, lime juice and soy sauce.
2. Add the prawns and top with the basil and serve quickly.

### **317. Scallops on a skewer**



- Cooking time More than 60 min
- Servings 4

### **ingredients**

- 16 scallops
- 1/2 red pepper
- some lime juice
- some peel of an untreated lime
- pinch of curry powder
- salt

### **preparation**

1. For the scallops on a skewer, mix the lime juice and zest, curry powder, salt and pepper with the olive oil to a

marinade. Place the scallops in the marinade and let them steep for an hour.

2. In the meantime, remove the skin, seeds and stem from the pepper and cut into squares.
3. Place the scallops and pepper pieces alternately on the wooden skewers. Place on the hot grill and grill each side for about 6 minutes.

### **318. Ceviche made from organic shrimp and avocado**



- preparation time 30mins
- cooking time 60 mins
- servings 4

#### **ingredients**

- 20 Yuu´n Mee organic prawns
- 4 avocados
- 2 limes
- chilli peppers (small)
- 1 shallot
- Coriander (fresh)
- garlic
- salt

#### **preparation**

1. For the ceviche of organic shrimp and avocado, squeeze the limes. Mix the juice with the chopped chilli pepper, the finely sliced shallot, a little garlic and chopped coriander and season with salt.

2. Marinate the prawns with this marinade for about ½ hour.
3. Peel and core the avocados, cut into wedges and season with salt. Serve with the prawns and drizzle the marinade over the ceviche.

### **319. Shrimp sushi**

- Cooking time More than 60 min

#### **ingredients**

- 250 g sushi rice (see link in text)
- 200 g Ama Abi (prawns for sushi)
- Wasabi

#### **preparation**

1. For shrimp sushi, first prepare the rice according to the basic recipe.
2. Shape the rice into balls with wet hands. Spread a thin layer of wasabi on one side. Place the shrimp on top. Place the shrimp sushi in the hollow of the hand, press the topping smooth and shape into an oval.

### **320. stuffed avocado**

- preparation time 5mins
- cooking time 15mins
- servings 2

#### **ingredients**

- 1 pc avocado
- 5-10 cubes of mango
- 5-10 cucumber cubes
- 5 pieces of cocktail tomatoes
- 3-4 sprig (s) of coriander
- 5-10 pieces of shrimp (cooked and cut)

#### **preparation**

1. For the filled avocado, hollow out the avocado. Mix all ingredients except for the shrimp and balsamic vinegar.
2. Pour the mixture into the hollowed-out avocado. Arrange and serve the filled avocado.

### 321. Fried scampi



- preparation time 5mins
- cooking time 15mins
- servings 2

#### **ingredients**

- 8 pcs. scampi ((8/12) fresh with head and shell)
- 2 clove (s) of garlic (peeled on)
- 2 sprig (s) of thyme
- olive oil
- salt
- Pepper (mill)

#### **preparation**

1. For the classic fried scampi, first devein the shrimp. To do this, carefully cut into the back with a sharp knife lengthways to the body.
2. The intestine is black and easy to see. Carefully pull this out. Heat a heavy pan, add olive oil, garlic and thyme.
3. Fry the scampi in hot oil for 6-8 minutes, depending on their size. Season with salt and pepper and serve hot.



## 322. Calamari with potatoes

### ingredients

- 10 calamari
- 8 potatoes
- clove (s) of garlic
- salt
- oil
- butter
- parsley

### preparation

1. First peel and quarter the potatoes. Bring water to a boil and let the potatoes cook for 10 minutes.
2. Then toss in a pan with the melted butter and the sprig of rosemary, season with salt and garnish with finely chopped parsley.
3. In another pan, fry the calamari for a few minutes with the grated garlic in the oil.
4. Serve the calamari with the potatoes.

## 323. Fish in tomato sauce

### Ingredients

- 4 frozen white fish fillets of your choice
- 2 cups cherry tomatoes cut in half
- 2 finely sliced garlic cloves
- 120 ml light chicken broth
- 60 ml of dry white wine (or use more chicken stock)
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1/4 cup finely chopped fresh basil leaves (to garnish)

### Preparation

1. Place the tomatoes, garlic, salt, and pepper in a pan over medium heat. Cook for 5 minutes or until tomatoes are soft.
2. Add chicken broth, white wine (if used), frozen fish fillets, and chopped basil. Cover and simmer 20-25 minutes, until the fish is fully cooked.
3. Finally, sprinkle with an additional handful of chopped basil and serve on a bed of rice, couscous or quinoa, if desired.

### 324. Tuna with a fruity cucumber salad



- preparation time 20mins
- servings 2

#### ingredients

- 2 tuna fillets approx. 130 g each
- salt
- pepper from the mill
- 2 tsp olive oil
- 200 g cucumber
- 150 g Chinese cabbage
- 4 tbsp lime juice
- 4 tbsp chilli chicken sauce
- 4 tbsp orange juice
- 4 tbsp spring onion rings

#### Preparation steps

1. Salt and pepper the tuna fillets. Olive oil in a coated
2. Heat a pan, fry the fish fillets in it for approx. 2 - 3 minutes on each side. Wash the cucumber with the skin

and cut into thin slices or slice.

3. Wash and clean the Chinese cabbage and cut into thin strips.
4. Mix the cucumber, Chinese cabbage, lime juice, chilli chicken sauce, orange juice and spring onion rings and season with salt. Arrange the tuna fillets on the salad and serve.

### 325. Fast fish burger



- Preparation time 5mins
- Cooking time 10mins
- Servings 2

#### **ingredients**

- 2 fish patties
- some butter
- 2 slice (s) of cheese
- 2 sheets of Güner lettuce
- 4 tomato slices
- 2 burger buns
- tartare sauce
- Ketchup
- onion rings

#### **preparation**

1. For the quick fish burger, fry the fish patties in the pan - at the end of the roasting time, melt a slice of cheese on each of the fish patties.
2. Spread the burger buns with tartar sauce and arrange the lettuce, tomato slices and onion rings on top.
3. Place a fish loaf (with cheese) on each burger bun (with tartare / lettuce/tomato / onion sauce) and top with ketchup.
4. Finish with the burger bun lid.

## **326. Cottage fish spread**

### **ingredients**

- 250 g cottage cheese
- 1/2 bunch of chives
- 1 can (s) of tuna (natural)
- salt
- pepper
- 1 squirt of lemon juice

### **preparation**

1. For the cottage fish spread, wash and finely chop the chives. Chop up the tuna. Mix the cottage cheese with the chives, tuna and lemon juice.
2. Season with salt and pepper.

## **327. Mayonnaise with basil**

### **ingredients**

- Mayonnaise (bought ready-made or homemade)
- bunch of basil

### **preparation**

1. This super-fast basil mayonnaise is an excellent accompaniment to grilled food, fish & chips or homemade fish fingers.
2. Of course, it only goes that fast if you use ready-made mayonnaise. If you prefer to make your own, here is a recipe for homemade mayonnaise.
3. Wash the basil and then shake it dry.
4. Remove the coarse stems. Puree the basil in a blender.

## **328. Mayonnaise with basil**

### **ingredients**

- Mayonnaise (bought ready-made or homemade)
- 1 bunch of basil

### **preparation**

1. This super-fast basil mayonnaise is an excellent accompaniment to grilled food, fish & chips or homemade fish fingers.
2. Of course, it only goes that fast if you use ready-made mayonnaise. If you prefer to make your own, here is a recipe for homemade mayonnaise.
3. Wash the basil and then shake it dry.
4. Remove the coarse stems. Puree the basil in a blender.

## **329. Organic prawns on wok vegetables**

### **ingredients**

- 10 pieces Yuu n 'Mee Black Tiger organic shrimp
- 60 g eggplant
- 60 g baby corn
- 40 g cherry tomatoes
- 40 g sugar snap peas
- 40 g Chinese cabbage
- 40 g basil (fresh)
- 20 g oyster sauce
- 10 g chilli (green)
- 2 tbsp soy sauce
- 2 pieces of limes (juice of the limes)
- 20 g onions (green)
- 4 tbsp sunflower oil

### **preparation**

1. For the organic prawns on wok vegetables, gently heat sunflower oil in the wok, sauté the vegetables in it, season with oyster sauce, chillies, lime juice and soy sauce.

2. Add the prawns and top with basil and serve quickly.

### 330. Fried scampi



- cooking time 10mins
- servings 2
- calories 68

#### **ingredients**

- 8 pcs. scampi ((8/12) fresh with head and shell)
- 2 cloves of garlic (peeled on)
- 2 sprigs of thyme
- olive oil
- salt
- Pepper (mill)

#### **preparation**

1. For the classic fried scampi, first, devein the prawns. To do this, carefully cut into the back with a sharp knife lengthways to the body.
2. The intestine is black and easy to see. Carefully pull this out. Heat a heavy pan, add olive oil, garlic and thyme.
3. Fry the scampi in hot oil for 6-8 minutes, depending on their size. Season with salt and pepper and serve hot.



### 331. Pasta with salmon



- Preparation time 5mins
- Cooking time 15mins

#### **ingredients**

- 250 g spaghetti
- 250 ml whipped cream
- 250 ml of water
- salt
- Spices
- Dill
- 1 cube of herb
- 150 g fish fillets (smoked salmon)

#### **preparation**

1. Spread the pasta in a closed bowl, sprinkle with whipped cream and water. Season with salt, a little pepper and finely chopped dill.

### 332. Smoked trout toast



- Preparation time 5mins
- Cooking time 15mins
- Servings 4

#### **ingredients**

- onion
- 4 smoked trout fillet
- Vegetable oil
- 1/2 can (s) of mushrooms
- 150 g peas (frozen, thawed)
- 4 eggs
- 4 slice (s) of toast
- salt
- Pepper (from the mill)

#### **preparation**

1. For the smoked trout toast, first peel and finely chop the onion. Cut the smoked trout into small pieces or pull apart.
2. Heat some oil in a pan and sweat the onion in it. Add mushrooms and peas. Season to taste with salt and pepper.
3. Whisk the eggs and pour over them.
4. Toast the toast slices and spread the mushroom-pea-egg mixture on top. Top with the trout.
5. Serve the smoked trout toast.

### **333. Smoked Salmon Tartare**

#### **ingredients**

- 1/4 cucumber
- 200 g smoked salmon
- 1/2 bunch of dill
- 1 teaspoon capers
- 1 tbsp lemon juice
- 1 tbsp olive oil
- Salt pepper

#### **preparation**

1. For the smoked salmon tartar, peel the cucumber, cut in half lengthways and core.
2. Cut the pulp into very fine cubes.
3. Finely chop the smoked salmon, finely chop the dill and capers.
4. Mix the cucumber cubes, salmon, dill and capers, stir in lemon juice and olive oil and season the tartar with salt and pepper.

### **334. Dutch herring salad**

- Preparation time 5mins
- Cooking time 15mins
- Servings 4

#### **ingredients**

- 400 g herrings
- 400 g Gouda
- 100 g pearl onions
- 3 pieces of pickles
- 250 g sour cream
- 3 tbsp mayonnaise
- salt
- pepper

- sugar
- chives

### **preparation**

1. Debone and dry the herring fillets.
2. Cut the Gouda cheese, herring, pickles and eggs into bite-sized pieces and stir in a bowl.
3. Whisk the mayonnaise with the sour cream, sugar, pepper and salt. Finely chop the chives and stir into the sauce. Finally, mix in the herring, pearl onion and cheese.

### **335. Wrong salmon spread**



- Preparation time 5mins
- Cooking time 10mins

### **ingredients**

- 250 g curd cheese (lean)
- 4 teaspoons of milk
- 2 glasses of salmon substitute (80 g each)
- salt
- 100 ml whipped cream

### **preparation**

1. Mix the curd cheese, milk and salmon substitute in a bowl with a mixer.

2. Season to taste with salt.
3. Finally, whip the whipped cream until stiff and fold in.

### 336. Organic prawns on wok vegetables



#### Ingredients

- 10 pieces Yuu n 'Mee Black Tiger organic shrimp (or hand-selected shrimp)
- 60 g eggplant
- 60 g baby corn
- 40 g cherry tomatoes
- 40 g sugar snap peas
- 40 g Chinese cabbage
- 40 g basil (fresh)
- 20 g oyster sauce
- 10 g chilli (green)
- 2 tbsp soy sauce
- 2 pieces of limes (juice of the limes)
- 20 g onion (green)
- 4 tbsp sunflower oil

#### preparation

1. For the organic prawns on wok vegetables, gently heat sunflower oil in the wok, sauté the vegetables in it, season with oyster sauce, chillies, lime juice and soy sauce.
2. Add the prawns and top with the basil and serve quickly.

### **337. Tuna noodles**

#### **ingredients**

- 1 can (s) of tuna (natural)
- 7 capers
- 1/2 glass of tomatoes (dried, in oil; alternatively, fresh tomatoes)
- 7 olives
- 1/2 onion
- Chili oil
- garlic oil
- 250 g spaghetti

#### **preparation**

1. Cut the onion into small cubes. Dice the sun-dried tomatoes and drain the tuna.
2. Cook the spaghetti according to the instructions on the packet.
3. Put the chilli and garlic oil in a pan and sauté the onion. Add tomatoes, capers, olives and tuna. Let it simmer briefly, add a little pasta water and add lemon juice.
4. Arrange the cooked pasta with the sauce and serve.

### **338. tuna spread**

#### **ingredients**

- 1 can (s) of tuna (in its own juice, drained)
- 130 g sour cream
- 1 tbsp mayonnaise
- 1 tbsp capers
- 1 dash of lemon juice
- salt
- Pepper (from the mill)

## **preparation**

1. For the tuna spread, first drain the capers and chop them finely.
2. Mix all ingredients well to form a smooth tuna spread.



### 339. Philadelphia lemon dumplings



- preparation time 5mins
- cooking time 15mins
- servings 4

#### **ingredients**

- 175 g Philadelphia double cream setting natural
- 20 g flour (handy)
- 1/2 lemon
- 1 pc egg
- 20 g butter (melted)
- A bit of salt
- 1 tbsp white breadcrumbs (fine)

#### **preparation**

1. For the Philadelphia lemon dumplings, grate the zest of half a lemon and then squeeze half a lemon.
2. Mix all ingredients together and cut out dumplings with a wet tablespoon.
3. Put the dumplings in boiling water and let stand for about 3 minutes.

### 340. Fast fish burger



- Preparation time 5mins
- Cooking time 10mins
- Servings 2

#### **ingredients**

- 2 fish patties
- some butter
- 2 slice (s) of cheese
- 2 sheets of Güner lettuce
- 4 tomato slices
- 2 burger buns
- tartare sauce
- Ketchup
- onion rings

#### **preparation**

1. For the quick fish burger, fry the fish patties in the pan - at the end of the roasting time, melt a slice of cheese on each of the fish patties.
2. Spread the burger buns with tartar sauce and arrange the lettuce, tomato slices and onion rings on top.
3. Place a fish loaf (with cheese) on each burger bun (with tartare / lettuce/tomato / onion sauce) and top with ketchup.
4. Finish with the burger bun lid.

## CHAPTER SIX Smoothies and Juices

### 341. Apple smoothie with ginger



#### ingredients

- 1 Apple (approx. 200 g)
- 2 tbsp lemon juice
- 10 g ginger
- 2 handfuls mint
- 400 g yoghurt
- 400 ml kefir
- 1 tbsp sunflower seeds

#### Preparation steps

1. Wash and quarter the apple, remove the core and add to the blender with lemon juice. Peel and chop ginger and add. Wash the mint, shake dry and pluck the leaves. Add the yoghurt and mix everything thoroughly. Pour in kefir to the desired consistency.

- 
2. Pour apple smoothie into glasses and serve sprinkled with a few sunflower seeds.

### 342. Melon and spinach juice with cinnamon



#### **ingredients**

- 350 g small honeydew melon (0.5 small honeydew melons)
- 250 g young tender leaf spinach
- 1 piece cinnamon stick (approx. 1 cm)
- nutmeg

#### **Preparation steps**

1. Core the melon with a teaspoon. First cut the melon into wedges, then cut the flesh from the skin and roughly dice.
2. Clean the spinach and wash it thoroughly in a bowl of water. Renew the water several times until it remains clear.
3. Scrape thin strips off the cinnamon stick with a small, sharp knife.
4. Lightly squeeze the spinach; If you like, put a leaf and a small stem aside for the garnish. Juice the rest with the

melon in a juicer and place in a glass with ice cubes. Rub a little nutmeg on top, garnish with cinnamon and possibly the spinach that was set aside and enjoy immediately.

### 343. Green smoothies with yoghurt

#### ingredients

- 200 g green asparagus
- salt
- 80 g peas
- 1 banana
- 1 tbsp lemon juice
- 1 little apple
- 100 g baby spinach
- 1 handful apple mint (grove mint)
- 400 g yoghurt
- 100 ml mineral water or apple juice
- 1 pinch sugar
- 2 radish

#### Preparation steps

1. Peel the asparagus in the lower third and cut off the woody ends. Cook in boiling salted water with the peas for about 8 minutes. Then drain, rinse in ice-cold and let drain. Cut off the asparagus tips about 8 cm long and set aside for the garnish.
2. Peel the banana and cut into pieces. Mix with the lemon juice. Peel the apple, cut into small pieces and mix with the banana. Wash the spinach thoroughly. Rinse off the mint and pluck off the leaves. Put in the mixer with the fruit, vegetables and yoghurt and puree finely. If necessary, add a little more water or juice to the desired consistency. Add a pinch of sugar and salt to taste.
3. Clean and wash the radishes and cut into thin slices. Halve the asparagus tips lengthways. Divide the smoothie into glasses and serve garnished with the radishes and asparagus.

### 344. Grape and celery juice with wheatgrass



#### **ingredients**

- 150 g ripe white grapes (preferably organic quality)
- 100 g celery (1 stick)
- 150 g wheatgrass
- 3 dried melon strips

#### **Preparation steps**

1. Wash the grapes thoroughly under warm running water, drain them in a colander and pluck them from the panicles.
2. Wash and clean the celery, remove threads if necessary and chop coarsely.
3. Wash the wheatgrass, shake it dry and chop it roughly.
4. Finely dice the dried melon strips.
5. Juice grapes, celery and wheatgrass in a juicer. Pour grape and celery juice into a glass with ice cubes and garnish with the melon cubes.



### 345. Drinks with oranges

#### **Ingredients:**

- 1/3 glass of orange juice (freshly squeezed or direct juice)
- Hot water
- Small piece of ginger
- Orange slice for decoration

#### **Preparation:**

1. Peel the ginger and cut it into thin slices.
2. Then pour up to 2/3 in a large beaker with hot water and stir.
3. Add the orange juice.
4. Decorate with the orange slice

### 346. Orange and mandarin liqueur



#### **Ingredients:**

- 2 large oranges
- 2 tangerines
- 1 small lemon
- 300 g white sugar candy
- 1 stick of vanilla
- 50 ml of orange juice
- 250 ml double grain

#### **Preparation:**

1. Put the sugar candy in a bottle or a screw-top jar.
2. Pour the citrus into small pieces and remove the skin.
3. Pour in the orange juice.
4. Add the vanilla stick.
5. Baste with the double grain and fill up to the top of the bottle if desired.
6. Close the bottle.
7. Shake daily until the sugar candy has dissolved.

8. After 2 - 3 weeks pour the liqueur through a sieve and pour it back into the bottle.

### 347. Pear and lime marmalade

#### Ingredients

- 3-4 untreated limes
- 1 kg ripe pears
- 500 g jam sugar 2: 1

#### Preparation:

1. Wash 2 limes and grate dry.
2. Peel the peels thinly with the zest ripper.
3. Then cut all limes in half and squeeze them out. Measure out 100 ml of lime juice.
4. Wash and peel the pears, remove the core and then quarter them. Weigh 900 g of pulp.
5. Then puree the pears together with the lime juice.
6. Now put the pear puree together with the lime peels and the jellied sugar in a saucepan.
7. Bring all ingredients to the boil together.
8. Simmer for 4 minutes, stirring, taking care not to burn anything.
9. Make a gelation test with a small blob on a cold saucer. If this becomes solid in a short time, the jam is ready.
10. Remove any foam that may have formed with a trowel, but you can also simply stir it in.
11. Then pour the hot mass into hot rinsed jars, close and let stand upside down.

## 348. Kiwi yogurt ice cream

### Ingredients for 6 servings:

- 360 ml of yogurt
- 8 kiwi fruits
- 150 g of sugar
- 45 ml of lemon juice
- 30 ml orange liqueur (e.g. Grand Marnier)

### Preparation:

1. Peel and roughly cut the kiwi into cubes.
2. Mix the kiwi cubes and sugar and let them steep for 20 minutes.
3. Then puree all ingredients in the blender.
4. Place in the ice maker and allow to freeze according to the instructions.

### 349. Christmas cocktail - vegan eggnog



#### Ingredients

- 1 cup cashew nuts
- 1 cup soy or almond milk
- 2-3 glasses of water
- about 5 pieces of dates (more if you like sweeter drinks)
- 2-3 scoops of brandy or whiskey
- 1 tablespoon lemon juice (optional, to taste)
- 1-2 teaspoons cinnamon
- ½ teaspoons ground anise
- ½ teaspoons ground ginger
- 2 pinches nutmeg

- pinch of salt

### **Process**

1. Pour dates and cashews with boiling water and leave to soak for 20 minutes. Transfer the remaining ingredients to the blender dish and finally add the drained nuts and dates.
2. Mix thoroughly in a high-speed blender for a few minutes, until a thick and creamy cocktail without lumps is formed. If your blender can't do it, mix the cashews with water first and strain them with gauze.
3. Season the cocktail with more lemon juice and salt to taste, and if you prefer sweeter drinks, add 2-3 pieces of dates. Serve it chilled with a pinch of cinnamon.

### 350. Watercress smoothie



#### **ingredients**

- 150 g watercress
- 1 small onion
- ½ cucumber
- 1 tbsp lemon juice
- 200 ml mineral water
- salt
- pepper
- 4 tbsp crushed ice

#### **Preparation step**

1. Wash and spin dry watercress; put some sheets aside for the garnish.
2. Peel the onion and cut it into small cubes. Wash the cucumber half, halve lengthways and cut the pulp into



very small cubes; Set aside 4 tablespoons of cucumber cubes.

3. Puree the remaining cucumber cubes with cress, onion cubes, lemon juice, mineral water and ice in a blender.
4. Season the smoothie with salt and pepper, pour into 2 glasses and sprinkle with cucumber cubes and cress leaves.

## 351. Cucumber and orange drink

### ingredients

- ½ cucumber
- 1 bunch mint
- ½ lime juice
- 3 oranges

### Preparation steps

1. Wash the cucumber half, halve lengthways, core and dice finely.
2. Wash mint, shake dry and pluck leaves.
3. Puree the cucumber and mint in a blender.
4. Squeeze half of lime and oranges and mix with the cucumber puree.

## 352. Green smoothies with yogurt

### ingredients

- 200 g green asparagus
- salt
- 80 g peas
- 1 banana
- 1 tbsp lemon juice
- 1 little apple
- 100 g baby spinach
- 1 handful apple mint (hain mint)
- 400 g yogurt
- 100 ml mineral water or apple juice
- 1 pinch sugar
- 2 radishes

### Preparation steps

1. Peel the asparagus in the lower third and cut off the woody ends. Cook in boiling salted water with the peas for about 8 minutes. Then pour off, quench ice-cold and let drain. Cut the asparagus tips about 8 cm long and set aside for the garnish.
2. Peel and cut the banana into pieces. Mix with the lemon juice. Peel the apple, cut it into small pieces and mix it with the banana. Wash the spinach thoroughly. Rinse off the mint and pluck the leaves. Put in the blender together with the fruit, vegetables and yoghurt and mash finely. If necessary, add a little water or juice to the desired consistency. Season with a pinch of sugar and salt.
3. Clean, wash and cut the radishes into thin slices. Halve the asparagus tips lengthways. Spread the smoothie over glasses and serve garnished with the radishes and asparagus.

### 353. Spinach and kiwi smoothie bowl



#### ingredients

- 1 green apple
- 2 kiwi fruit
- 300 g bananas (2 bananas)
- 100 g baby spinach
- 1 lemon
- 6 g chia seeds (2 tsp)
- 20 g desiccated coconut (2 tbsp)

#### Preparation steps

1. Clean, wash, core and chop the apple. Peel and chop kiwi fruit and bananas and put half aside. Wash the spinach and put some leaves aside. Halve the lemon and squeeze out the juice.
2. Put half of the fruit, spinach and lemon juice in a blender and puree finely. Divide the smoothie into 4 bowls.

3. Place the remaining pieces of fruit on the smoothie bowls as a topping. Sprinkle with chia seeds and desiccated coconut and serve with the remaining spinach leaves.

### 354. Blackberry and vanilla smoothie



#### ingredients

- 500 g blackberry
- 1 vanilla pod
- 1 tsp lemon juice
- 700 ml buttermilk (ice cold)
- 80 g low-fat quark (4 tbsp)
- 40 g cashew nuts
- 80 ml whipped cream

#### Preparation steps

1. Wash and drain the blackberries.
2. Cut the vanilla pod lengthways, scrape out the pulp and puree in a blender with blackberries, lemon juice, buttermilk, quark and cashew nuts.
3. Whip the cream. Pour the smoothie into 4 glasses and garnish with cream.

### 355. Carrot Drink with Parsley And Lemon With Garlic



#### Ingredients

For 2 portions

- 2 small cloves of garlic
- 800 g bunch of carrots
- 1 bunch smooth parsley
- ½ lemon
- 1 tsp rapeseed oil

#### Preparation

1. Peel garlic cloves.
2. Thoroughly wash carrots and cut off the ends.
3. Wash parsley and shake dry. Squeeze lemon half off.
4. Juice garlic and 6 carrots in the juicer.
5. Add parsley and remaining carrots to the juicer and juice.
6. Mix carrot drink with about 2 tablespoons of lemon juice and the rapeseed oil and enjoy immediately.

### 356. Spicy tomato-thick milk drink



#### Ingredients

- ½ Red chili pepper
- 3 stems basil
- 275 g junket
- 1 tsp olive oil
- Salt
- Pepper
- ½ lemon
- 200 ml tomato juice

#### Preparation

1. Rinse half chili pepper, dry, remove seeds and finely chop. Wash the basil, shake dry, peel off the leaves, cover some with garnish if necessary, finely chop the others.
2. Mix the chili and basil with the thick milk and olive oil, season with salt and pepper. Fill in 2 glasses and refrigerate for about 15 minutes.
3. Squeeze out the lemon. Tomato juice with about 1 tablespoon of lemon juice, salt and pepper to taste spicy.
4. Carefully pour the tomato juice into the glasses with the thick milk, so that 2 layers are formed, egg run over a spoon back into the glass. Garnish with basil and serve immediately.

### 357. Apple Cherry Cocktail With Celery



## **Ingredients**

- 1 red apple (about 200 g)
- 2 bars celery (about 100 g each)
- 200 g sour cherries (pitted, frozen)

## **Preparation**

1. Wash, dry, halve, and dice the apple.
2. Wash the celery stalks, clean them, remove them if necessary and cut into pieces.
3. Wash the celery green and shake dry.
4. Juice the apple and celery with about 2/3 of the celery green juice in a juicer.
5. Add chilled cherries to the juice and puree with a hand blender. Pour into a glass and garnish with the remaining celery green.

## **358. Apple Vegetable Juice With Beetroot**

## **Ingredients**

- 3 carrots (à 100 g)
- 2 apples (à 200 g)
- 2 tubers rote bete (à 125 g)
- ½ lemon
- 1 tl rapeseed oil

## **Preparation**

1. Carrot thoroughly and cut small. Wash apples, quarter and possibly core.
2. Thoroughly wash the beetroot, peel it with a peeler at will or roughly chop it with the peel, possibly working with gloves because of the color.
3. Juice carrots, apples and beets with a mechanical juicer.
4. Squeeze out the lemon and measure 2 tablespoons of juice. Stir with the rapeseed oil under the apple and vegetable juice and serve immediately.

### 359. Strong vegetable juice with ginger



#### Ingredients

- 1 cucumber
- 1 big beetroot
- 5 bars celery
- 2 carrots
- 1 piece of ginger root (about 25 g)
- 1 tsp argan oil

#### Preparation

1. Wash the cucumber and quarter it.
2. Wash, clean and quarter beetroot.
3. Wash, clean and remove celery. Wash carrots and cut off the ends.
4. Wash ginger and cut into pieces.
5. Process vegetables in the juicer, mix with argan oil and drink immediately.

### 360. Fast Beetroot Drink with Chives



#### Ingredients

For 1 portion

- 1 onion (about 50 g)
- 1 clove of garlic
- 150 ml beetroot juice
- 50 ml carrot juice
- 3 stalks of chives

#### Preparation

1. Peel onion and garlic. Cut the onion into pieces and squeeze over a glass with a garlic press.
2. Press garlic, stir in beetroot and carrot juice well. Add ice cubes. Wash the chives, shake dry and garnish with the drink.

## 361. Paprika Cocktail with orange

### Ingredients

- 1 stalk mint
- 1 green pepper (about 200 g)
- 1 yellow pepper (about 200 g)
- 2 juicy oranges (à 125 g)

### Preparation

1. Wash mint, shake dry and peel off the leaves. Halve, corer, wash and quarter bell peppers.
2. Cut the oranges in half and squeeze them out.
3. Finely chop ice cubes in an ice crusher and pour into a glass. Juice the pieces of pepper in a juicer and stir in the glass with the orange juice. Garnish with mint.

## 362. Red Apple Juice With Red Cabbage

### Ingredients

- 2 Sweet Red Apples
- 1 Piece Red Cabbage (200 G)
- 1 Tsp Balsamic Vinegar
- Ice Cubes

### Preparation

1. Wash, dry and quarter the apples.
2. Clean red cabbage, wash it and chop it roughly. Cut a small piece for the garnish into narrow strips.
3. Juicing apples and red cabbage in a juicer. Stir in a glass with balsamic vinegar and ice cubes. Garnish with the red cabbage strips and enjoy immediately.

### 363. Spicy Carrot Juice with Curry Foam



#### Ingredients

- ½ small lime
- 1 stalk coriander
- ½ tl mild curry powder
- ½ tl hot curry powder
- 150 ml carrot juice
- 30 ml milk (1.5%, preferably h-milk)

#### Preparation

1. Squeeze out half of the lime.
2. Wash cilantro, shake dry, peel off leaves and cut into thin strips.
3. Mixing mild and spicy curry powder in a small bowl.
4. Put the carrot juice and lime juice with 2/3 of the curry mixture in a tall container and mix briefly with a hand blender.
5. Stir the remaining curry mixture with the milk and use a milk frothier to make a fine-pored, stiff foam. Put the carrot juice in a tall glass, put the curry foam on it with a spoon, sprinkle with coriander and enjoy.

### 364. Cucumber-orange drink

#### Ingredients

For 4 glasses

- ½ Cucumber
- 1 bunch mint
- ½ lime juice
- 3 oranges

#### Preparation

1. Wash the half of the cucumber, halve lengthwise, corer and dice.
2. Wash mint, shake dry and peel off leaves.
3. Puree the cucumber and mint in a blender.
4. Squeeze lime half and oranges and mix with the cucumber puree.

### 365. Cucumber drink with wasabi

#### Ingredients

For 1 Portion (125 ml)

- 4 stems dill
- 1 piece cucumber (100 g)
- Sea-salt
- 1 tsp wasabi
- White pepper
- 50 ml milk (1.5% fat) (cold)

#### Preparation

1. Wash dill, shake dry, and finely chop. Wash the cucumber and pat dry.
2. Cut a bite-sized piece from the cucumber and cut it lengthwise with two closely spaced cuts to 2/3 of the length. Lightly fan and stick on a wooden skewer.
3. Peel the remaining cucumber, dice and finely puree with dill and a little salt. Then pass the cucumber mixture through a sieve lined with a cloth.

4. Mix the collected cucumber liquid with wasabi paste, pepper and milk, season to taste with salt and pour into a glass. Serve garnished with the cucumber skewer.



### **366. Cucumber Smoothie**

#### **Ingredients**

For 2 portions

- 1 piece cucumber about 200 g
- 1 shallot
- 1 tbsp chopped dill tips
- 150 g yogurt
- 70 ml cold milk
- Salt
- Black pepper
- Tabasco
- 2 splashes Worcester sauce
- Mint leaf around garnish

#### **Preparation**

1. Wash cucumber, peel and chop. Peel the shallot, chop and add to the blender with cucumber, dill, yoghurt and milk and finely

puree. Season with salt, pepper, Tabasco and Worcester's sauce and mix everything briefly.

2. To serve, pour into two glasses and garnish with mint leaves.

### 367. Cucumber smoothie with muesli



#### Ingredients

For 4 portions

- For the cereal
- 150 g oatmeal
- 100 g hazelnuts
- 4 tbsp liquid honey
- 8th strawberries
- 50 g raspberries
- 500 g yogurt
- For the shake
- Cayenne pepper

#### Preparation

1. Wash the cucumber, cut off the ends, peel and dice. Freeze in the freezer for about 30 minutes.
2. Rinse the dill, clean it, spin it dry and chop it roughly. Puree with the cucumber, the yoghurt, a little buttermilk and the lemon juice in a blender. Add the remaining buttermilk and puree until the shake is creamy. Season with salt and cayenne pepper and fill into 4 small bottles at will.
3. For the cereal, mix the oatmeal with the nuts mixed into cups. Drizzle the honey over it. Wash, clean and cut the strawberries.



Read the raspberries and spread them together with the strawberries on the cereals. Add the yoghurt and serve with the shake.

### **368. Cucumber and Blackberry Smoothie**

#### **Ingredients**

- 200 g fresh ripe blackberry
- ½ cucumber
- 400 ml apple juice
- 1 El lemon juice
- Sugar to taste

#### **Preparation**

1. Wash the blackberries and drain. Peel the cucumber, cut it in half, corer it, cut it into small cubes and finely puree it with the blackberries and the apple juice in a blender.
2. Season with lemon juice and sugar and serve well chilled in glasses.

### **369. Spicy carrot drink**

#### **Ingredients**

- 3 big carrots
- 2 Brazil nuts
- 50 ml low-fat milk
- 100 ml tomato juice
- 2 splashes tabasco
- Salt
- Pepper
- 1 sprig of thyme

#### **Preparation**

1. Wash carrots and juice one half. Chop Brazil nuts and stir. Add milk and tomato juice and stir well.
2. Season with Tabasco, salt and pepper until spicy. Remove some thyme leaves from the stalk and stir in the juice mixture.
3. Fill the carrot and milk mixture into a tall glass and decorate with the remaining carrot half and the sprigs of thyme.

### 370. Green Smoothies With Yogurt



#### Ingredients

- 200 g green asparagus
- Salt
- 80 g peas
- 1 banana
- 1 tbsp lemon juice
- 1 little apple
- 100 g baby spinach
- 1 handful
- Apple mint (hain mint)
- 400 g yogurt
- 100 ml mineral water or apple juice
- 1 pinch
- Sugar
- 2 radish

#### Preparation

1. Peel the asparagus in the lower third and cut off woody ends. Cook in boiling salted water with the peas for about 8 minutes. Then drain, chill off ice-cold and drain. Cut the asparagus tips about 8 cm long and set aside for the garnish.
2. Peel the banana and cut into pieces. Mix with the lemon juice. Peel the apple, cut it to size and mix with the banana. Wash the spinach thoroughly. Rinse the mint and pluck the leaves. Add together with the fruit, vegetables and yogurt in the blender and finely puree. If necessary, add a little water or juice to the desired consistency. Season with a pinch of sugar and salt.

3. Clean the radishes, wash and cut into thin slices. Halve the asparagus tips lengthwise. Spread the smoothie on glasses and serve garnished with the radishes and asparagus.

### **371. Watermelon Bell Pepper Drink**

- Preparation: 10 min
- Calories: 80 kcal

#### **ingredients**

- 400 g watermelon pulp (seedless)
- 100 g strawberries
- 100 g raspberries
- 1 red pepper
- 2 stems lemon balm
- 4 stems mint
- 2 tbsp lemon juice

#### **Preparation steps**

1. Roughly dice the melon pulp. Clean, wash and chop the berries. Clean, wash, core and cut the bell pepper. Wash herbs and shake dry.
2. Put melon, berries, paprika, lemon balm and lemon juice together in a blender and puree finely. Pour watermelon and bell pepper drink into 4 glasses and decorate with the mint.

#### **Nutritional values**

Calories 80 kcal, Protein 2 g, Fat 1 g, Carbohydrates 15 g, Added sugar 0 g, Dietary fiber 4.2 g

### 372. Kale and ginger smoothie



- Preparation: 10 min
- Calories: 52 kcal

#### **ingredients**

- 200 g pineapple pulp
- ½ lemon
- 100 g tender kale leaves
- 1 box cress
- 10 g ginger (1 piece)
- 300 ml coconut water

#### **Preparation steps**

1. Cut the pineapple into pieces. Squeeze the lemon half.
2. Clean, wash and cut the kale. Cut the cress from the bed, set aside for garnish. Peel the ginger and cut into small pieces.
3. Put the pineapple, lemon juice, kale, cress and ginger in a blender. Pour in coconut water and 200–300 ml of water and puree.
4. Fill the smoothie into glasses and serve with the remaining cress.

#### **Nutritional values**

Calories 52 kcal, Protein 2 g, Fat 1 g, Carbohydrates 10 g, Added sugar 0 g, Dietary fiber 2.4 g

### 373. Avocado smoothie with basil



- Preparation: 15 minutes
- Calories: 135 kcal

#### **ingredients**

- 2 kiwi fruits
- 1 yellow-peeled apple
- 200 g honeydew melon pulp
- 1 avocado
- 1 green chili pepper
- 20 g basil (1 handful)
- 20 g rocket (0.25 bunch)
- 1 tbsp sprouts (suitable for raw consumption)

#### **Preparation steps**

1. The kiwi fruit should be peeled and sliced. The apple should be washed, quartered, and cored before cutting the quarters into wedges. Cut the meat from the melon into small pieces. Cut the avocado into pieces after peeling and coring it. Cut the chili pepper into rings after washing it. Rinse and dry the basil and rocket. In a colander, rinse the sprouts.
2. Put all the prepared ingredients in a blender and puree them finely. Add about 100 ml of cold water and serve in 4 glasses.

#### **Nutritional values**

Protein 2 g, Fat 7 g, Carbohydrates 16 g, Dietary fibre 4.3 g

### 374. Watercress smoothie



- Preparation: 15 minutes
- Calories: 40 kcal

#### **ingredients**

- 150 g watercress
- 1 small onion
- ½ cucumber
- 1 tbsp lemon juice
- 200 ml mineral water
- salt
- pepper
- 4 tbsp crushed ice

#### **Preparation steps**

1. Wash watercress and spin dry. Put some leaves to one side for the garnish.
2. Peel the onion and cut into small cubes. Next, wash the cucumber halves, cut in half lengthways and cut the pulp into very small cubes. Set aside 4 tbsp cucumber cubes.
3. Finely puree the remaining cucumber cubes with cress, onion cubes, lemon juice, mineral water and ice in a blender.
4. Season the smoothie with salt and pepper, fill into 2 glasses and sprinkle with the set aside cucumber cubes and cress leaves.

#### **Nutritional values**

Calories 40 kcal, Egg white 2 g, Fat 1 g, Carbohydrates 5g, added sugar 0 g, Fiber 2.4 g

### 375. Spicy carrot cocktail

- Preparation: 10 min
- Calories: 52 kcal

#### **ingredients**

- 20 g nasturtium (with flowers; or watercress; 0.5 bunch)
- 1 clementine
- 100 ml carrot juice (without sugar)
- also: ice cubes
- 100 ml mineral water (ice cold; carbonated)

#### **Preparation steps**

1. Wash nasturtiums and shake dry well. Put 1-2 beautiful flowers aside, coarsely chop the rest of the cress.
2. Halve the clementine and squeeze out. Mix the juice with the cress, carrot juice and ice cubes in a blender. Pour into a glass, pour in mineral water and garnish with capuchin flowers.

#### **Nutritional values**

Calories 52 kcal, protein 2 g, fat 1 g, carbohydrates 8 g, added sugar 0 g, Fiber 1 g

### 376. Rocket and celery smoothie



- Preparation: 10 min
- Calories: 160 kcal

#### **ingredients**

- ½ cucumber
- 2 poles celery
- 100 g arugula
- 1 orange

#### **Preparation steps**

1. Wash and clean the cucumber and celery and cut into large pieces.
2. Wash the rocket and spin dry.
3. Squeeze the orange and finely puree the juice with the cucumber, celery and rocket in a blender.

#### **Nutritional values**

Calories 160 kcal, Egg white 7 g, Fat 2 g, Carbohydrates 25 g, added sugar 0 g, Fiber 10.8 g



### 377. Smoothie with kale



- Preparation: 10 min
- Calories: 55 kcal

#### **ingredients**

- 100 g kale
- 1 apple granny smith
- ½ cucumber
- 1 handful herbs parsley and chervil
- 8 ice cubes
- 1 lime juice
- mineral water to fill up

#### **Preparation steps**

1. Wash and clean the kale, and remove the hard stalks. Wash the apple and cucumber. Quarter the apple, cut out the core and cut into wedges. Cut the ends of the cucumber and cut into slices. Rinse the herbs, shake dry and pluck the leaves off. Finely puree the kale with the herbs, apple, cucumber, ice cubes and lime juice in a blender.
2. Divide between 4 glasses and serve filled with mineral water.

#### **Nutritional values**

Calories 55 kcal, protein 2 g, fat 1 g, carbohydrates 9 g, added sugar 0 g, Fibre 2.9 g

### 378. Green smoothie with apple and celery

- Preparation: 5 min

#### ingredients

- 1 green apple (granny smith)
- 1 rod celery
- 3 peppermints
- 1 lemon
- 75 ml apple juice
- 150 ml filtered water mineralized with magnesium

#### Preparation steps

1. Squeeze lemon into juice. Cut the apple and the celery stalk. Put all ingredients in the blender or puree with a hand blender. Add lemon juice and magnesium water and you're done!

### 379. Hearty green smoothie bowl

- Preparation: 15 minutes
- Calories: 126 kcal

#### ingredients

- 100 g peas (freshly peeled or frozen)
- 25 g watercress
- 10 g nasturtiums
- 100 g baby spinach
- 10 g herbs (parsley, basil)
- 500 ml vegetable broth
- 2 tbsp olive oil
- 30 g wheatgrass (powder; 3 tbsp)
- 2 tsp lemon juice
- salt
- pepper
- nutmeg
- 40 g dried goji berries (4 tbsp)

## Preparation steps

1. Put the peas in boiling water for 5–8 minutes. Then rinse in cold water and drain.
2. In the meantime, wash watercress, nasturtium, spinach and herbs, shake dry, put some of the two types of cress aside for the garnish; coarsely cut the rest.
3. Puree everything with peas, approx. 300 ml vegetable stock and oil in a blender.
4. Dilute the smoothie with the rest of the broth to the desired consistency. Stir in wheatgrass powder and season everything with lemon juice, salt, pepper and a pinch of freshly grated nutmeg. Divide the smoothie in bowls, sprinkle with the remaining water cress, nasturtiums and goji berries.

## Nutritional values

Calories 126 kcal, Protein 6 g, Fat 6 g, Carbohydrates 10 g, Added sugar 0 g, Dietary fiber 3.2 g

### 380. Passion fruit and celery smoothie

- Preparation: 20 min
- Calories: 90 kcal

## ingredients

- ½ organic orange
- 2 passion fruit
- 1 kiwi
- 2 poles celery
- 75 ml pineapple juice
- 1 tbsp maple syrup
- 12 ice cubes

## Preparation steps

1. Wash half an orange with hot water, pat dry and peel off the peel in zest.
2. Halve the passion fruit, scrape out the pulp with a spoon and strain through a sieve to remove the stones. Next,

peel the kiwi and cut into small pieces.

3. Clean and wash celery and shake dry. Cut the upper ends of the leaf together with approx. 5 cm of the stem and set aside.
4. Cut the remaining celery stalks into small pieces. Puree the kiwi and celery pieces with pineapple juice and passion fruit pulp in a blender and sweeten with maple syrup.
5. In two glasses, divide the ice cubes and smoothie. Garnish with orange zest and 1 celery leaf per person.

### **Nutritional values**

Calories 90 kcal, Egg white 2 g, Fat 0 g, Carbohydrates 17 g, added sugar 10 g, Fiber 1.9 g

### 381. Green smoothie with mint



- Preparation: 15 minutes
- Calories: 71 kcal

#### ingredients

- 100 g baby spinach
- 20 g kale (1 handful)
- 1 apple
- 20 g ginger (1 piece)
- 4 stems mint
- 2 tbsp lime juice
- 30 g tender oat flakes (2 tbsp)

#### Preparation steps

1. Clean, wash, and shake spinach and kale before using. Before cutting the apple into small cubes, it should be cleaned, washed, and cored. Ginger should be peeled and cut into small pieces. By washing the mint, shaking it dry, and plucking the leaves, you can get rid of them.
2. Put 400 ml water, lime juice, 1 ½ tbsp oat flakes, apple, ginger, spinach, cabbage and half of the mint leaves in a blender. Puree everything together very finely. Fill the smoothie into 4 glasses, sprinkle with the remaining oat flakes and serve with the remaining mint leaves.

#### Nutritional values

Calories 71 kcal, Fat 1 g, Carbohydrates 13 g, added sugar 0 g, Fibre 2.5 g

## 382. Melon and spinach juice with cinnamon



- Preparation: 15 minutes

### ingredients

- 350 g small honeydew melon (0.5 small honeydew melons)
- 250 g young tender spinach leaves
- 1 piece cinnamon stick (approx. 1 cm)
- nutmeg

### Preparation steps

1. Core the melon with a teaspoon. First cut the melon into wedges, then cut the flesh from the skin and roughly dice.
2. Clean the spinach and wash it thoroughly in a bowl of water. Renew the water several times until it remains clear.
3. Scrape thin strips off the cinnamon stick with a small sharp knife.
4. Gently squeeze the spinach; If you like, put a leaf and a small stem aside for the garnish. Juice the rest of the melon in a juicer and put it in a glass with ice cubes. Rub a little nutmeg on top, garnish with cinnamon and possibly the spinach that was set aside and enjoy immediately.

### Nutritional values

Calories 82 kcal, protein 4 g, carbohydrates 15 g

### **383. cucumber drink with papaya and orange**

#### **ingredients**

- 200 g ripe papaya
- 250 g mini cucumbers
- 250 g oranges

#### **Preparation steps**

1. Peel half papaya, dice the pulp and place in a blender with the seeds.
2. Wash the cucumber thoroughly, cut 2 thin slices and set aside. Peel and dice the rest of the cucumber and put it in the blender as well.
3. Peel the oranges so thick that the white skin is also removed. Cut two slices from one orange and set aside.
4. Dice the remaining oranges. Put in the blender with ice cubes and puree everything finely on the highest setting. Put in a tall glass and garnish with cucumber and orange slices.

#### **Nutritional values**

Calories 125 kcal, Protein 4 g, Fat 1 g, Carbohydrates 23 g, Added sugar 0 g, Dietary fiber 7.5 g

### **384. Kiwi and lime cocktail with pomegranate seeds**

- Preparation: 20 min
- Calories: 213 kcal

#### **ingredients**

- 450 g large kiwi fruit (6 large kiwi fruit)
- 4 limes (2 of which are organic)
- 350 g pomegranate (1 pomegranate)
- ice cubes

#### **Preparation steps**

1. Peel the kiwis thinly and roughly dice.
2. Rinse limes with hot and rub dry. Halve the organic fruit and cut 1 thin slice from each of the 4 halves, set aside. Halve the rest of the fruit, squeeze out all the limes.
3. Cut out a wedge-shaped piece of the pomegranate at the base of the calyx. Hold the fruit over a bowl and break it apart with a little pressure so that the kernels fall into the bowl. It is best to put on thin rubber or disposable gloves, as the juice stains strongly.
4. Put the kiwi cubes and lime juice in a tall container and puree very finely with a hand blender.
5. Crush the ice cubes very finely in the Ice Crusher and divide between 2 glasses, as well as the lime slices. Pour the kiwi puree over it. Add half of the pomegranate seeds and serve immediately.

#### **Nutritional values**

Calories 213 kcal, protein 3 g, fat 3 g, carbohydrates 39 g  
added sugar 0 g, Fiber 9 g



### 385. Green carrot mix with parsley

- Preparation: 10 min
- Calories: 101 kcal

#### ingredients

- 300 g carrots (2 carrots)
- 2 flat-leaf parsleys
- 1 pinch cane sugar
- ½ tsp pumpkin seed oil
- ice cubes

#### Preparation steps

1. Wash and clean the carrots and peel a few wafer-thin strips from 1 carrot with a potato peeler. Then, cut the rest and the 2nd carrot into pieces.
2. Wash the parsley well, shake it dry and roughly chop it with a large knife.
3. Put the carrots with parsley, a pinch of sugar, oil and the ice cubes in a blender. Mix until foamy, pour into a glass and garnish with carrot strips. Enjoy immediately.

#### Nutritional values

Calories 101 kcal, Protein 3 g, Fat 2 g, Carbohydrates 16 g, Added sugar 0 g, Dietary fibre 10 g

### 386. Strawberry papaya drink



- Preparation: 10 min
- Calories: 110 kcal

#### ingredients

- 2 stems mint
- 250 g strawberries
- 2 kiwi fruits
- 400 g papaya (1 papaya)

#### Preparation steps

1. Wash the mint, shake dry, pluck the leaves off and set aside.
2. Carefully wash the strawberries, drain them on kitchen paper, clean, roughly chop and place in a tall container. Purée finely with a hand blender and pour into 2 glasses.
3. Peel, halve and dice the kiwi fruit and place in a tall container. Puree with a hand blender and carefully pour onto the strawberry puree with a spoon.
4. Halve the papaya and remove the seeds with a spoon. Remove the pulp from the skin, roughly chop and also puree with a hand blender. Carefully pour into glasses, garnish with mint and serve immediately.

#### Nutritional values

Calories 110 kcal, Protein 3 g, Fat 1 g, Carbohydrates 20 g, Fibre 8.5 g

### 387. Grape smoothie with cranberries



- Preparation: 10 min
- Calories: 246 kcal

#### ingredients

- 150 g cranberries
- 400 g blue grapes seedless
- 1 orange
- 2 tbsp maple syrup
- 200 ml naturally cloudy apple juice
- 8 ice cubes
- carbonated mineral water to top up

#### Preparation steps

1. Wash the cranberries and pat dry. Wash and drain grapes. Halve the orange and squeeze out the juice.
2. Puree everything together with the syrup, apple juice and ice cubes in a blender.
3. Fill the smoothie into glasses and serve filled with a little mineral water.

#### Nutritional values

Calories 246 kcal, Protein 1 g, Fat 1 g, Carbohydrates 57 g, Added sugar 11 g, Fibre 4.2 g

### 388. Banana berry smoothie with grapefruit

- Preparation: 10 min
- Calories: 241 kcal

### **ingredients**

- 300 g grapefruit (1 grapefruit)
- 300 g ripe bananas (2 ripe bananas)
- 500 g red currants
- 1 tsp barley grass (powder)

### **Preparation steps**

1. Halve the grapefruit, squeeze it and put the juice in a blender.
2. Peel the bananas, cut the pulp into slices and also put in the blender.
3. Wash the currants, drain them and set aside 2 beautiful panicles.
4. Strip the rest of the berries from the panicles and put them in the blender. Add the barley grass and ice cubes. Mix everything well, pour into 2 glasses and garnish with the currant panicles set aside.

### **Nutritional values**

Calories 241 kcal, Protein 4 g, Fat 1 g, Carbohydrates 46 g, Added sugar 0 g, Dietary fibre 20 g

### 389. Banana and carrot juice with orange

- Preparation: 5 min
- Calories: 184 kcal

#### ingredients

- 150 g oranges
- 200 g ripe bananas
- 100 ml carrot juice
- ice cubes

#### Preparation steps

1. Halve the orange, squeeze out and pour the juice into a tall container.
2. Peel the banana, cut 2–3 slices diagonally, cut the remaining banana into thick slices, and add orange juice.
3. Add the carrot juice and puree everything with a hand blender. Put ice cubes in a glass, pour the juice over them and garnish with banana slices.

#### Nutritional values

Calories 184 kcal, Protein 3 g, Fat 1 g, Carbohydrates 39 g, Added sugar 0 g, Dietary fibre 3 g

### 390. Melon and spinach juice with cinnamon



- Preparation: 15 minutes
- Calories: 82 kcal

#### ingredients

- 350 g small honeydew melon (0.5 small honeydew melons)
- 250 g young tender spinach leaves
- 1 piece cinnamon stick (approx. 1 cm)
- nutmeg
- ice cubes

#### Preparation steps

1. Core the melon with a teaspoon. First cut the melon into wedges, then cut the flesh from the skin and roughly dice.
2. Clean the spinach and wash it thoroughly in a bowl of water. Renew the water several times until it remains clear.
3. Scrape thin strips off the cinnamon stick with a small sharp knife.
4. Gently squeeze the spinach; If you like, put a leaf and a small stem aside for the garnish. Juice the rest of the melon in a juicer and put it in a glass with ice cubes. Rub a little nutmeg on top, garnish with cinnamon and possibly the spinach that was set aside and enjoy immediately.

### 391. Avocado smoothie with yogurt and wasabi



- Preparation: 15 minutes
- Calories: 172 kcal

#### ingredients

- 1 bunch coriander
- 1 spring onion
- 2 avocados
- 1 lime
- 1 tsp wasabi paste
- 500 ml kefir
- 450 g yogurt (0.3% fat)
- 2 handfuls ice cubes
- salt
- pepper

#### Preparation steps

1. Rinse the coriander, shake dry and pluck the leaves off. Next, clean the spring onions, rinse, drain and cut into rings.
2. Halve and stone the avocados. Remove the pulp from the skins with a tablespoon and place in a blender or a tall vessel with the coriander and spring onion rings.
3. Squeeze the lime. Add 3 tablespoons of juice, wasabi paste, kefir and yogurt to the avocado.
4. Puree everything in a blender or with a hand blender, gradually adding the ice cubes. Finally, season the avocado smoothie with salt and pepper and fill into glasses.

## **Nutritional values**

Calories 172 kcal, Protein 7 g, Fat 11 g, Carbohydrates 7 g, Added sugar 0 g, Dietary fibre 1.5 g

### **392. Kiwi and lime cocktail with pomegranate seeds**

- Preparation: 20 min
- Calories: 213 kcal

#### **ingredients**

- 450 g large kiwi fruit (6 large kiwi fruit)
- 4 limes (2 of which are organic)
- 350 g pomegranate (1 pomegranate)
- ice cubes

#### **Preparation steps**

1. Peel the kiwis thinly and roughly dice.
2. Rinse limes with hot and rub dry. Halve the organic fruit and cut 1 thin slice from each of the 4 halves, set aside. Halve the rest of the fruit, squeeze out all the limes.
3. Cut out a wedge-shaped piece of the pomegranate at the base of the calyx. Hold the fruit over a bowl and break it apart with a little pressure so that the kernels fall into the bowl. It is best to put on thin rubber or disposable gloves, as the juice stains strongly.
4. Put the kiwi cubes and lime juice in a tall container and puree very finely with a hand blender.
5. Crush the ice cubes very finely in the Ice Crusher and divide between 2 glasses, as well as the lime slices. Pour the kiwi puree over it. Add half of the pomegranate seeds and serve immediately.

## **Nutritional values**

Calories 213 kcal, protein 3 g, fat 3 g, carbohydrates 39 g added sugar 0 g, Fibre 9 g



### 393. Strawberry and soy mix with green pepper



- Preparation: 10 min
- Calories: 114 kcal

#### **ingredients**

- 250 g strawberries
- 2 panicles green pepper berries
- 125 ml soy drink (soy milk)
- ice cubes

#### **Preparation steps**

1. Carefully wash the strawberries, drain them on kitchen paper, clean and quarter them. Rinse the pepper with hot water, pat dry and strip the berries from 1 panicle.
2. Put berries with strawberries and soy drink in a blender. Add ice cubes and mix everything until foamy. Pour into a glass and decorate with the rest of the pepper panicle.

#### **Nutritional values**

Calories 114 kcal, protein 6 g, fat 2 g, carbohydrates 16 g  
added sugar 0 g, Fibre 6.4 g

### 394. Apple and avocado smoothie with kiwi



- Preparation: 5 min
- Calories: 214 kcal

### **ingredients**

- ½ small lemon
- 75 g ripe avocado (0.5 ripe avocados)
- 80 g ripe kiwi (1 ripe kiwi)
- 50 ml naturally cloudy apple juice
- 100 ml mineral water (ice cold)
- ice cubes

### **Preparation steps**

1. Squeeze the lemon half and pour the juice into a tall container. Remove the stone from the avocado half.
2. Remove the avocado pulp with a teaspoon and add the lemon juice to the container right away.
3. Peel the kiwifruit and cut two slices, then set aside. Add the remaining kiwi, along with the apple juice, to the avocado. With a hand blender, puree everything and pour into a large glass filled with ice cubes. Garnish with kiwi slices and a splash of mineral water.

### **Nutritional values**

Calories 214 kcal, Protein 2 g, Fat 14 g, Carbohydrates 18 g, Dietary fibre 4.5 g

### **395. Plum smoothie with cinnamon**

- Preparation: 15 minutes

- Calories: 90 kcal

### **ingredients**

- 2 prunes
- 100 ml curdled milk (1.5% fat)
- 1 tsp cinnamon (more if you like)
- 100 ml mineral water (ice cold)
- liquid sweetener at will
- 1 small cinnamon stick
- ice cubes

### **Preparation steps**

1. Halve, stone and roughly chop the prunes.
2. Mix with soured milk and ground cinnamon in a blender or hand blender until foamy. Season to taste with sweetener. Pour into a glass with ice cubes, pour in mineral water and garnish with the cinnamon stick.

### **Nutritional values**

Calories 90 kcal, protein 4 g, fat 2 g, carbohydrates 13 g added sugar 0 g, Fibre 2 g

### 396. Cress cocktail with cucumber



- Preparation: 10 min
- Calories: 51 kcal

#### **ingredients**

- 1 box garden cress
- 350 g cucumber
- 100 ml celery juice

#### **Preparation steps**

1. Cut the cress leaves from the bed with kitchen scissors and put about 1 teaspoon aside. Put the rest in a blender.
2. Clean and peel the cucumber, cut a thick slice and roughly dice the rest.
3. Puree the cress, cucumber, celery juice and ice cubes very finely in a blender on the highest setting. Pour into a glass, garnish with the cress and the cucumber slice.

#### **Nutritional values**

Calories 51 kcal, Protein 3 g, Fat 1 g Carbohydrates 6 g Added sugar 0 g, Fibre 2 g

### 397. Tomato and soy smoothie with basil



- Preparation: 10 min
- Calories: 57 kcal

#### ingredients

- 160 g tomatoes (2 tomatoes)
- 4 stems basil
- 100 ml soy drink (soy milk) (1.2% fat)
- salt
- pepper

#### Preparation steps

1. Wash tomatoes, cut out the stems in a wedge shape and cut tomatoes into eighths.
2. Wash the basil, shake dry, pluck the leaves and set some aside for garnish. Cut the other leaves into strips.
3. Finely puree the basil strips with tomatoes, soy drink, salt, pepper and ice cubes in a blender and mix until foamy. Place in a glass and garnish with the remaining basil leaves.

#### Nutritional values

Calories 57 kcal, Protein 3 g, Fat 2 g, Carbohydrates 6 g  
Added sugar 0 g, Dietary fibre 3 g

### 398. Tomato and cucumber smoothie

- Preparation: 10 min
- Calories: 114 kcal

### **ingredients**

- 250 g cucumber
- 250 g very small cherry tomatoes
- 2 stems dill
- 100 ml kefir
- salt
- pepper
- chili powder

### **Preparation steps**

1. Peel half the cucumber, cut in half lengthways, core with a teaspoon and dice the pulp.
2. Wash the tomatoes, put 3 pieces on a small wooden skewer and set aside. Halve the remaining tomatoes.
3. Rinse the dill, shake dry and pluck the flags off.
4. Put the cucumber cubes, tomato halves, 2/3 of the dill and the kefir in a blender. Add salt, pepper, chili powder and ice cubes and mix everything on the highest level. Pour into a glass and garnish with the rest of the dill and the tomato skewer.

### 399. Green carrot mix with parsley

- Preparation: 10 min
- Calories: 101 kcal

#### **ingredients**

- 300 g carrots (2 carrots)
- 2 flat-leaf parsleys
- 1 pinch cane sugar
- ½ tsp pumpkin seed oil

#### **Preparation steps**

1. Wash and clean the carrots and peel a few wafer-thin strips from 1 carrot with a potato peeler. Then, cut the rest and the 2nd carrot into pieces.
2. Wash the parsley well, shake it dry and roughly chop it with a large knife.
3. Put the carrots with parsley, a pinch of sugar, oil and the ice cubes in a blender. Mix until foamy, pour into a glass and garnish with carrot strips. Enjoy immediately.

#### **Nutritional values**

Calories 101 kcal, Protein 3 g, Fat 2 g, Carbohydrates 16 g, Dietary fibre 10 g

## 400. Pear and carrot smoothie



- Preparation: 10 min
- Calories: 60 kcal

### **ingredients**

- 1 Pear
- 1 Carrot
- 150 ml water

### **preparation**

1. With the pear, peel the vegetables and cut them into large pieces.
2. Put in the blender. Pour in water and puree.

### **Nutritional values**

Calories 60 kcal, Protein 1 g, Fat 2 g, Carbohydrates 13 g,



## 401. Broccoli Smoothie with Pineapple



### Ingredient

- 200 g broccoli
- 2 stalks of celery
- 1 banana, peeled
- 150 g pineapple, frozen
- 200 ml coconut water, unsweetened

### Preparation:

1. Cut the broccoli florets into small pieces after washing them in cold water.
2. Cut off the light part with the small roots from the celery and wash the stems and leaves thoroughly. Then cut the stems into pieces, but first peel off the hard fibres. The best way to do this is to use a potato peeler.
3. Put the coconut water, celery and broccoli in the blender and mix until the smoothie is homogeneous.
4. Then add the peeled banana and frozen pineapple pieces. Continue mixing until the smoothie has the right consistency to drink.

## 402. Green Snickers Smoothie

### ingredient

- 2 bananas, peeled
- 4 handfuls (200 g) spinach
- 4 tbsp peanut butter, with peanut pieces
- 40 g hazelnuts, not roasted and unsalted
- 400 ml soy milk, unsweetened
- 1 tbsp cocoa powder, raw

### Preparation:

1. Put the soy milk, spinach and bananas together in the blender and mix everything finely.
2. Now put the peanut butter, hazelnuts and cocoa in the blender and mix briefly at the highest level. This smoothie is tastiest when there are still bits left in it.

### *Variation tips:*

1. Pour the smoothie into two glasses. Sprinkle some cocoa nibs on the smoothie.
2. Would you rather not want soy? Then you can replace the soy milk with another plant-based milk, such as oat milk, rice milk or almond milk.

## 403. Creamy fig with avocado

### Ingredient

- 4 Medjool dates
- 160 g figs, fresh
- 2 handfuls (100 g) baby spinach
- 1 avocado
- 400 ml almond milk, unsweetened

### Preparation:

1. Remove the dates' seeds, and peel and core the avocado.

2. If the baby spinach hasn't already been washed, do so now. In a blender, combine the spinach and almond milk. Mix until the structure is smooth.
3. Wash the figs with water and use a knife to remove any hard spots.
4. In a blender, combine the remaining ingredients and blend until a pleasant, drinkable structure is achieved.

#### 404. Smoothie with oatmeal and cocoa



#### **Ingredient**

- 300 ml of water
- 2 handfuls (100 g) spinach
- 1 banana
- 4 Medjool dates
- 4 tbsp oatmeal
- 2 tbsp cocoa nibs
- 2 tbsp hemp seeds
- 2 tbsp desiccated coconut

#### **Preparation:**

1. If you haven't already, wash the spinach, and put it in the blender with the water. Mix until you have a smooth consistency.
2. Add the oatmeal and continue mixing.
3. Peel the banana and remove the seeds from the dates. Put both in the blender and continue mixing until the smoothie is smooth and drinkable.
4. Pour the smoothie into two glasses. Sprinkle the cocoa nibs, desiccated coconut and the hemp seeds on top.

#### ***Variation tip:***

1. You can also choose a plant-based milk. For example, unsweetened almond milk and rice milk give the smoothie a sweeter taste.
2. You can also try a variant with the seeds: e.g., chia seeds or flax seeds instead of hemp seeds.

#### 405. spinach Island with Mango and Ginger



### **Ingredient**

- 2 handfuls (200 g) fresh spinach
- 150 g mango pieces, frozen
- 1 teaspoon ginger
- 1 tbsp mint
- 50 ml coconut milk, unsweetened
- 50 ml coconut water, unsweetened

### **Preparation:**

1. Grate the ginger and possibly chop the fresh spinach into smaller pieces.
2. Put the spinach, mango pieces and ginger in the blender.
3. Add a tablespoon of mint.
4. Then pour the coconut milk and coconut water over it.
5. Mix everything to a smooth mass and serve the smoothie in two glasses.

### ***Variation tips:***

1. The frozen mango pieces serve as ‘ice cubes’ in this recipe. Don’t have time to freeze a fresh mango? Then cut them into pieces and use ice cubes for cooling.
2. Instead of coconut water, you can also use normal tap water.

## 406. Shot of energy with carrot and ginger

### Ingredient

- 250 g carrots
- 1/2 cucumber
- 250 g strawberries, fresh
- 2-3 oranges
- 2 cm ginger

### Preparation:

1. Wash the carrots and cucumber with water.
2. Cut the ends off the carrots and cut the carrots into large pieces. Do the same with the cucumber. You don't need to peel the cucumber.
3. Peel the oranges and put the wedges one at a time in the blender. Top up with the carrots and cucumber and then blend until smooth.
4. Peel the ginger and cut into small pieces.
5. Wash the strawberries and remove the flowers. Then put the whole strawberries and ginger in the blender. Continue mixing the smoothie until it is liquid and easy to drink.

### Variation tip:

1. Frozen strawberries can also be used to save time. With them, the smoothie tastes even fresher (because of the cold).
2. If you find the taste of the cucumber too intense, you can peel the cucumber first.

## 407. papaya paradise

### **Ingredient:**

- 1 papaya
- 1 banana
- 1 large handful (100 g) baby spinach
- 1 lime
- 100 ml coconut water, unsweetened
- 5 ice cubes

### **Preparation:**

1. Remove the seeds and peel of the papaya.
2. Peel the banana and cut it once.
3. Put the papaya and banana in the blender and add a large handful of spinach.
4. Cut the lime and squeeze both halves over the mixer.
5. Add 100 ml coconut water and place 5 ice cubes on top of the ingredients.
6. Now mix everything well until you have a smooth smoothie.

### ***Variation tips:***

1. For a slightly sourer variant, you can also use a lemon instead of lime.
2. If the smoothie isn't runny enough, you can add a little more coconut water or just use tap water.

## 408. sweet cucumber surprise

### **Ingredient:**

- 6 carrots
- 1 cucumber
- 50 g pineapple, cut into pieces
- 3 sprigs of coriander
- 150 ml of water

### **Preparation:**

1. First fill the water in the mixer.
2. Clean and cut the carrots into pieces and then add to the water in the blender.
3. Also wash the cucumber well and cut into smaller pieces that fit in the blender. Put these in the blender as well.
4. Then add the pineapple pieces.
5. Use only the leaves and the top part of the stem of the coriander. Finely chop everything and put in the blender.
6. Mix the whole thing for about 2 minutes and then serve in two glasses.

### ***Variation tips:***

1. Spinach is also a delicious addition to this smoothie. Then leave out the carrots so that the number of ingredients remains 5. That way, the smoothie stays nice and simple
2. If the smoothie gets too watery because of the cucumber, you can simply use a little less water.

### **Nutritional values**

Calories 198 kcal, protein 12 g, fat 12 g, carbohydrates 10 g,  
Fibre 5.7 g



## 409. Cucumber and mint drink



### ingredients

- 1 cucumber
- some mint
- 2 garlic cloves
- 250 g sour cream
- 350 ml vegetable broth
- 1 tbsp lemon juice
- 1 tbsp radish sprout
- salt
- black pepper
- cayenne pepper
- slice of cucumber for garnish

### Preparation steps

1. Peel the cucumber thinly and scrape out the stones with a sharp spoon. Cut the cucumber pulp into large pieces
2. Wash the mint and pat dry. Put some leaves aside for decoration. Put the remaining leaves together with the cucumber pieces in a mixing bowl. Peel and squeeze the garlic cloves.
3. Add the sour cream and vegetable stock and puree everything with the hand blender. Season savoury with salt, pepper, cayenne pepper and lemon juice.
4. Divide the cucumber and mint drink between four glasses. Wash and drain the radish sprouts. Garnish the drink with the set aside mint leaves, radish sprouts and cucumber pieces.

## 410. Fresh Grapefruit

### **ingredients**

- 1 handful lamb's lettuce
- ½ fret parsley
- 1 grapefruit
- 2 poles celery with green
- ½ lemon (juice)

### **Preparation steps**

1. Put all ingredients in the blender and stir for about a minute. Fill into glasses or bottles and consume immediately.

### **Nutritional values**

Calories 80 kcal, Protein 2 g, Fat 1 g, Carbohydrates 15 g, Added sugar 0 g, Dietary fiber 4.2 g

## **411. Anti-Cravings**

### **ingredients**

- 1 handful of leaf spinach or another leaf salad
- ¼ cucumber
- 1 pear
- ½ banana
- 1 pinch of cinnamon
- 150 ml of water

### **Preparation steps**

1. Put all ingredients in the blender and stir for about a minute. Fill into glasses or bottles and consume immediately.

### **Nutritional values**

Calories 84 kcal, Protein 2 g, Carbohydrates 18 g, Fibre 3.8 g

## 412. Cress cocktail with cucumber



- Preparation: 10 min
- Calories: 51 kcal

### ingredients

- 1 box garden cress
- 350 g cucumber
- 100 ml celery juice
- ice cubes

### Preparation steps

1. Cut the cress leaves from the bed with kitchen scissors and put about 1 teaspoon aside. Put the rest in a blender.
2. Clean and peel the cucumber, cut a thick slice and roughly dice the rest.
3. Puree the cress, cucumber, celery juice and ice cubes very finely in a blender on the highest setting. Pour into a glass, garnish with the cress and the cucumber slice.

### Nutritional values

Calories 80 kcal, Protein 2 g, Fat 1 g, Carbohydrates 15 g, Added sugar 0 g, Dietary fibre 4.2 g

## 413. Kiwi buttermilk smoothie



- Preparation: 35 min
- Calories: 102 kcal

### **ingredients**

- 3 kiwi fruits
- 150 ml buttermilk
- 1 tbsp maple syrup

### **Preparation steps**

1. Peel the kiwi, cut into small pieces, place on a flat bowl and place in the freezer for about 30 minutes, then puree with buttermilk and sweeten with maple syrup.
2. Fill into glasses and serve.

### **Nutritional values**

Calories 102 kcal, protein 4 g, fat 1 g, carbohydrates 17 g, added sugar 3 g, Fibre 4.4 g

#### 414. Cucumber, apple and banana shake



- Preparation: 20 min
- Calories: 175 kcal

#### ingredients

- 1 lemon
- 1 banana
- 4 tart apples (e.g., granny smith)
- 1 bunch parsley
- ½ cucumber
- mineral water to fill up
- 10 dice ice cubes

#### Preparation steps

1. Halve the lemon and squeeze out the juice. Peel and dice the banana. Clean, wash and quarter the apples, remove the core and dice the flesh. Mix the apples with the banana cubes and lemon juice.
2. Wash the parsley, shake dry and chop. Clean and peel the cucumber, halve lengthways, core and cut into bite-sized pieces. Place 3 pieces of cucumber on 4 wooden skewers.
3. Finely puree the remaining cucumber pieces with the fruit, parsley and ice in a blender. Divide between 4 glasses, fill up with mineral water to the desired consistency and garnish with 1 cucumber skewer.



## CHAPTER SEVEN Side Dish

### 415. Spinach Stuffed Mushrooms



- cooking 50 min
- servings 4

#### Ingredient

- 16 oz white whole mushrooms or “cremini.”
- 3 crushed garlic cloves
- ¼ cup onion, minced
- ¼ cup white wine or vegetable stock
- 3 tablespoon low sodium soy sauce or tamari
- 3 cups sweet spinach
- ¼ cup white beans
- 2 tablespoons nutritional yeast
- ¼ red pepper, minced

#### Preparation

1. Preheat the oven to 375 degrees F.
2. Remove the stems from the mushrooms, leave the tops intact and chop the stems.
3. Sauté the onion, garlic, and mushroom stalks in a pan.
4. Add the wine and the soy sauce or tamari, continue cooking for 2-3 minutes, or until the vegetables soften a little.
5. Add the tender spinach and sauté for a minute.
6. move the vegetable mixture to a food processor.
7. Add beans and nutritional yeast and mix to combine.

8. Transfer to a bowl and mix the chopped red pepper.
9. Place the mushroom tops with the top side down in a baking dish.
10. Fill each mushroom top with the mixture.
11. Bake for 20-25 minutes.
12. Remove from oven and serve hot

**Nutritional values per serving**

Calories 271 kcal, carbohydrates 21 g, fat 2 g, protein 6 g



## 416. Crispy Cauliflower Chips



- cooking in 55 min
- servings 4

### Ingredient

- A head of cauliflower, cut into florets
- ½ teaspoon garlic powder
- ½ teaspoon of seasoning for poultry or seasoning without salt (optional)
- ¾ cup of aquafaba
- 1 cup gluten-free bread crumbs

### Preparation

1. Preheat the oven to 450 degrees F.
2. Put the cauliflower in a container and season with the garlic powder and the seasoning for birds (or without salt). Be sure to cover the cauliflower evenly.
3. Soak the cauliflower, a foil at once, in the aquafaba, and shake off the excess.
4. Cover with breadcrumbs and shake off excess.
5. Repeat with all cauliflower florets.
6. put the florets on a baking sheet lined with baking paper.
7. Bake for 15 minutes.
8. Turn the florets over to bake evenly.
9. Bake for another 15 minutes.
10. Serve immediately.

### Nutritional value

Calories 293 kcal, carbohydrates 20 g, fat 18 g, protein 10 g

## 417. Baked potatoes without oil

- cooking 50 min
- servings 4

### Ingredient

- 4 medium yellow potatoes
- ½ teaspoon garlic powder
- sea salt and pepper to taste

### Preparation

- Preheat the oven to 400 degrees F (218 degrees C).
- Cut the potatoes into sticks similar to “fries” of approximately ½”- ¾” thick.
- Put the potatoes in a deep pot, cover with water, and boil for 5 minutes.
- Drain well and pour it into a deep container.
- Add the spices and cover the potatoes well with the seasoning.
- Put the potatoes on a baking sheet covered with a silicone foil or baking paper.
- Bake for 35-40 minutes or until cooked and crispy. Enjoy your meal!

### Nutritional values

220 kcal calories, carbohydrates 15 g, 11 g fat, protein 5 g

## 418. Red cranberry and kale pilaf

### Ingredient

- 1 cup of brown rice
- 1  $\frac{3}{4}$  cups vegetable stock
- 1 small yellow onion, diced
- 12 ounces (340 grams) of kale (approximately 5 cups)
- 3 or 4 cloves garlic, minced
- $\frac{1}{2}$  teaspoon red pepper flakes
- $\frac{1}{2}$  cup dried cranberries
- $\frac{1}{4}$  cup chopped cashews or other nuts (optional)

### Preparation

1. In a medium-sized pot or rice cooker, cook the rice in the broth according to package directions.
2. Sauté the onion for five minutes, or until it is transparent.
3. Add the kale (without stems and thickly chopped leaves) and cook for another five minutes, or until the kale is soft.
4. Add the garlic in flakes and red pepper and cook everything for another minute.
5. Add the cooked rice and continue sautéing for three minutes, or until the rice has completely warmed.
6. Remove the pan from the heat.
7. Add red cranberries and optional nuts, stir well.

### Nutritional values

Calories 685 kcal, carbohydrates 66 g, fat 17 g, protein 6 g

## 419. Sweet potato tropical casserole



- cooking in 40 min
- servings 4

### **Ingredient**

- 4 cups diced sweet potatoes
- 1 cup diced mango
- 1 cup diced pineapple
- ½ teaspoon unsalted garlic and herb seasoning
- ½ cup pineapple and coconut juice

### **Process**

- Preheat oven to 350 degrees F.
- Combine all ingredients in an 8 x 11 (2 qt) baking sheet.
- Bake covered for 25 minutes.
- Bake uncovered for 5 minutes and serve.

### **Nutritional values**

Calories 154 kcal, Fat 9 g, Carbohydrates 12 g, Fibre 6.9 g

## 420. Traditional stuffing



- Cooking time 30 min
- servings 4

### Ingredient

- ½ cup vegetable broth
- 1 spoon low sodium soy sauce or tamari
- 4 cups gluten-free or whole-wheat bread cubes
- ½ cup chopped onion
- 1 cup chopped celery
- 1 tablespoon nutritional yeast
- ½ teaspoon bird seasoning
- ½ teaspoon garlic powder
- ½ teaspoon dried parsley

### Preparation

1. Preheat the oven to 350 F.
2. In a small bowl, mix the soil flax seeds with the water and set aside for 10 minutes.
3. In a big bowl, combine every dry ingredient.
4. Cut and place the apples in thin slices in a container.
5. Add the pumpkin puree, vanilla extract, water-based flaxseed, and apple date paste and blend well.
6. Combine the dry ingredients and blend well with the apples. If the mixture tends to be too dry, add water.
7. In an appropriate baking dish, put the mixture and bake for 30-35 minutes.

### Nutritional values per serving

Calories 512 kcal, carbohydrates 74 g, fat 4 g, protein 8 g

### **421. Quinoa Pilaf Stuffing**

- cooking in 35 min
- servings 4

#### **Ingredient**

- ½ teaspoon sage
- 1 teaspoon thyme
- 1 teaspoon rosemary
- ½ cup wild rice
- 1 ½ cups quinoa
- 1 cup brown rice or rice mix
- ½ cup freshly squeezed orange juice
- 2 ½ cups of vegetable stock
- ½ sea salt
- 1 cup grated carrots
- 1 cup pomegranate seeds (optional)
- 1 cup gooseberries (optional)

#### **Process**

- Heat a pot over medium heat.
- Add the spices to the pot and sauté for 30 seconds.
- Add wild rice, quinoa, and brown rice and stir for 1 minute.
- Add orange juice, vegetable broth, and sea salt, and stir well.
- Bring to a boil, cover and reduce heat to medium-low and cook for 45 minutes.
- Remove from heat, add carrots and fruit, and serve.

#### **Nutritional value**

Calories 293 kcal, carbohydrates 20 g, fat 18 g, protein 10 g

## 422. Mashed sweet potato with cauliflower

- Cooking time Less than 5 min
- servings 2

### Ingredient

- 1 head of cauliflower, without the core and cut into pieces
- 2 large sweet potatoes, peeled and cut into pieces of 1 inch (2.5 centimetres)
- ½ cup unsweetened vegetable milk
- 1 teaspoon garlic powder
- Salt and pepper to taste

### Process

1. Steam the cauliflower and sweet potato in approximately 1-2 inches (2.5 - 5 centimetres) of water until soft. Alternatively, you can roast them on parchment paper in the oven at 400 ° F (204 ° C) for 20 to 30 minutes.
2. Add the soft vegetables to your food processor and process everything for one minute to dissolve the ingredients, or you can crush them by hand. Add the vegetable milk, garlic powder, salt, and pepper and continue processing until smooth.

### Nutritional values

Calories 1,338 kcal, protein 96 g, fat 106 g, carbohydrates 3 g, added sugar 2 g.

### 423. Brussels sprouts caramelized with blueberries.



- cooking in 40 min
- servings 4

#### **Ingredient**

- 8 chopped dates
- ½ cup of water
- 3 cups fresh Brussels sprouts, cut in half
- 1 cup fresh blueberries
- 1 tablespoon miso paste
- 1 cup low-sodium vegetable broth or water
- 1 organic red onion, chopped
- 1 tablespoon soy sauce
- ¼ cup of nuts such as almonds, Brazil nuts, several mixed, etc. (optional) Pepper to taste

#### **Process**

1. In a food processor, mix dates with ½ cup of water until a creamy texture is obtained. Set it aside for a moment.
2. In a saucepan over medium-high heat sauté the Brussels sprouts along with the onion, miso, blueberries and ½ cup of broth or water. Cook covered for 10 minutes or until lightly brown.
3. Stir frequently and add the rest of the additional liquid as necessary to prevent burning.
4. Cook the sprouts until the edges caramelize them.
5. Add the soy sauce, ground pepper, and date paste. Mix and match well.
6. Serve and garnish with nuts.



## Nutritional values per serving

Calories 271 kcal, carbohydrates 21 g, fat 2 g, protein 6 g

### 424. Red potatoes with green vegetables



## Ingredient

- 4 red potatoes
- 1 bunch of seasonal green vegetables (kale, Swiss chard, kale, etc.)
- ½ teaspoon black pepper
- 1 onion cut into thin slices
- ½ teaspoon of paprika
- 2 cloves garlic, minced
- 2 teaspoons reduced-sodium soy sauce (use wheat-free soy sauce if you are gluten sensitive)
- Water or low sodium vegetable broth to sauté

## Process

1. Wash the potatoes and cut them into 1/2-inch (1 cm) cubes or pieces. Steam them with boiling water just until they are tender (around 15 minutes) when you perfume them with a fork. Rinse them with cold water, then drain and set aside.
2. Rinse the green vegetables and then remove the thick stems. Chop off or tear the leaves into small pieces.
3. Heat the water or broth in a large skillet and add the onion and garlic. Sauté them until they are tender.
4. Add the cooked potatoes, pepper, and paprika. Use a spatula to rotate the mixture and mix all the ingredients gently.

5. Spread the green vegetables on top of the potato mixture. Spray them with soy sauce. Cover and cook, stirring occasionally, until tender.

**Nutritional values** Calories 244 kcal, protein 38 g, fat 7 g carbohydrates 7 g, added sugar 3 g

## 425. Hot Beans



- Cooking time 60 min
- servings 2

### Ingredient

- 1-pound green beans
- 8 cloves garlic finely chopped
- 2 tablespoons vinegar
- 2 tablespoons reduced-sodium soy sauce (use wheat-free soy sauce if you are gluten sensitive)
- ¼ teaspoon red pepper flakes
- Water or low sodium vegetable broth to sauté

### Process

- Rinse the beans, cut the ends, and break them into 1-inch (3 cm) pieces.
- Steam with boiling water until tender, 7 to 10 minutes.
- Heat the water or broth in a pan and sauté the garlic until it is tender. Add the vinegar, soy sauce, and red pepper flakes and then add the steamed beans.
- Cook for 1 minute and then transfer them to a serving plate.

### Nutritional values

Calories 293 kcal, Carbohydrates 20 g, Fat 18 g, Protein 10 g

## 426. Broccoli with mustard sauce

### Ingredient

- 1 bunch broccoli
- ¼ cup vinegar
- 1 teaspoon ground mustard with stone or Dijon mustard
- 1 clove of minced or ground garlic

### Process

1. Break broccoli into bite-sized corsages. Peel the woody stem and slice the softer stem into thin slices of ½ inch (1 cm).
2. Steam until soft, about 5 minutes. Meanwhile, beat the dressing ingredients in a serving bowl.
3. Add the broccoli to the steam and mix.
4. Serve immediately.

### Nutritional values

Calories 346 kcal, Protein 27 g, Fat 27 g, Carbohydrates 0 g, added sugar 0 g, Fibre 0 g

## 427. Toasted Cobs

- cooking in 40 min

### Ingredient

- 1 to 2 ears per person, keeping the leaves
- Salt to taste (optional)
- Lemon slices
- chili powder

## Process

- Soak the cob (keeping the leaves) in water for 20 minutes or more.
- Place the cob on the grill in a single layer at medium to low temperature for 8 to 12 minutes.
- The leaves will be charred while the corn is steamed inside them. Lower or start them before serving.
- Serve with salt (optional), lemon slices, and chili powder to season.

## Nutritional values per serving

Calories 657 kcal, carbohydrates 21 g, fat 21 g, protein 11 g

### 428. Steamed green vegetables



- Cooking time 30 to 60 min
- Servings: 4

## Ingredient

- 1 large bunch of green vegetables: chard, kale, brown mustard, etc.
- ½ teaspoon umeboshi vinegar or vinegar of your choice

## Process

- Cut or tear green vegetables into large bite-sized pieces.
- Let the water boil before adding the vegetables, to ensure rapid and complete vaporization.

- Let it evaporate for 5 minutes and add vinegar, mix and serve.

**Nutritional values**

Calories 150 kcal, Protein 45 g, Fat 20g Carbohydrates 10 g,  
Dietary fibre 0 g

## 429. Garlic Spinach



### Ingredient

- 1 large bunch of fresh spinach
- 3 cloves of garlic
- 1 teaspoon vinegar
- Water or low sodium vegetable broth to sauté

### Process

1. Wash the spinach.
2. Peel and chop the garlic.
3. Sauté the garlic in water or vegetable broth over medium heat until it softens.
4. Add the spinach to the hot pan. Use the tongs to turn the spinach until all are barely withered.
5. Sprinkle with vinegar and black pepper and serve.

### Nutritional values

Calories 1,338 kcal, protein 96 g, fat 106 g, carbohydrates 3 g, added sugar 2 g.

## 430. sweet potatoes!

### Ingredient

- 2 to 3 yams or sweet potatoes (red yams make a very colorful dish)
- 2 to 3 apples
- 1 tablespoon of jam or spreadable fruit (100% fruit, no added sugar, peach, orange or pineapple)
- ½ cup of orange juice

### Process

1. Preheat the oven to 300-350 ° F (177 ° C).
2. Peel and thinly slice sweet potatoes and apples.
3. Combine spreadable fruit and orange juice.
4. Place sweet potatoes and apples on a baking sheet.
5. Pour the orange mixture over the sweet potatoes and apples and cover with a lid or aluminium.
6. Bake for 45 minutes at 350 ° F (177 ° C).
7. Sweet potatoes will be ready when they are easily pierced with a fork.

### Nutritional values

Calories 685 kcal, carbohydrates 66 g, fat 17 g, protein 6 g



### 431. Garlic mashed potatoes

- cooking in 43 min
- servings 4

#### Ingredient

- 8 medium red potatoes
- ½ teaspoon black pepper
- 10 to 12 cloves of fresh garlic
- 1 to 2 cups of potato water
- 1 cup non-dairy milk without sugar
- Water or low sodium vegetable broth to sauté
- Salt or pepper to taste (optional)

#### Process

1. Cut the potatoes into eighths (leave the peels).
2. Cover with water and let them boil over medium heat until soft, about 15 minutes.
3. Peel, crush and chop the garlic cloves.
4. Sauté the garlic in a small saucepan with water or vegetable broth until it softens. Set it aside.
5. Drain cooked potatoes over a bowl to collect your water.
6. Using a manual crusher or electric mixer, crush the potatoes. Add a cup of the water from the potatoes and add the salt, pepper, and sauteed garlic.
7. Add more water from the potatoes or milk, as necessary, to obtain a creamy consistency.
8. Serve the mash immediately or keep it in the hot oven covered until ready to eat.

#### Nutritional values

Calories 930 kcal, Protein 83 g, Fat 64 g, Carbohydrates 5g.

### 432 Stuffed baked potatoes



## Ingredient

- 2 Russet or Yukon potatoes (yellow potatoes), each approximately 8 ounces (227 g)
- 1/3 cup milk without milk, simple, without sweetener
- 4 tablespoons hummus, oil-free
- 1 cup cooked and chopped vegetables (onions, broccoli, cauliflower, etc.)
- ½ teaspoon hot sauce
- ½ teaspoon kosher salt (optional)

## Process

1. Preheat the oven to 300-375 ° F (190 ° C). Prepare the potatoes for baking by washing them well and inserting a fork or knife several times so that the steam escapes during the baking process.
2. Bake for about an hour, or until tender when inserting a fork. Remove them from the oven and allow them to rest until they cool enough to touch them. Cut the potatoes lengthwise.
3. Remove the inside of the potatoes with a spoon and place them in a bowl and be careful not to break the peels. Leave a small edge of the potato intact for support.
4. Leave the prepared potato peels on a baking sheet.
5. Mix the inside of the potatoes in a bowl, along with the remaining ingredients, and combine them completely. Pour the mixture back to the potato peels evenly until each half is round and almost overflowing. Place them back in the oven and bake until hot, about 15 minutes. Remove from oven and serve immediately.

## Nutritional values

Calories 457 kcal, Protein 8 g, Fat 16 g, Carbohydrates 69 g,  
Added sugar 7 g

### 433. Curry rice



- Cooking time More than 60 min
- servings 4

## Ingredient

- 1 chopped onion
- 5 or 6 cups cooked brown rice
- 2 teaspoons curry powder
- 1 package of 16 ounces (454 g) of frozen peas and carrots, steamed and drained
- Salt (optional) and pepper to taste
- ¼ cup raisins, ground
- ¼ cup raw, filleted and toasted almonds

## Process

1. Sauté the sliced onion in a non-stick skillet dry until golden brown. Add a little water if necessary to prevent the onion from sticking to the pan.
2. Add cooked brown rice, curry powder, steamed peas and carrots to the golden onion. Combine them well.
3. Season generously with salt (optional) and pepper. Mix the curry rice combination with raisins and almonds and serve immediately.

## **Nutritional values**

Calories 293 kcal, Carbohydrates 20 g, Fat 18 g, Protein 10 g

### **434. Mashed potatoes**

- Cooking time 5 to 15 min
- servings 2

#### **Ingredient**

- 3 pounds of potatoes, a mixture of red and yellow ( Yukon Gold )
- ½ handful of parsley
- ¼ cup nutritional yeast
- ½ teaspoon black pepper
- 2 cups of natural almond milk
- ½ tablespoon onion powder
- 1 teaspoon granulated garlic

#### **Process**

1. Wash and cut the potatoes into large pieces, about the same size. Put them in a large pot, cover with water, and let them boil until tender for 7 to 10 minutes. Meanwhile, wash and cut the parsley.
2. Check the potatoes with a knife; It should slide between them when they are ready. Drain them. Enjoy the facial steam.
3. Place the potatoes again in the hot pot. Let them steam, so they release some of the liquid. Add the remaining ingredients: parsley, almond milk, nutritional yeast, salt, pepper, onion powder, granulated garlic. Use a potato press to crush everything together. Try the mash to adjust the seasoning.

**Nutritional values**

Calories 592 kcal, Protein 118 g Fat 12 g, Carbohydrates 1 g.

## 435. Wild Rice Pilaf

### Ingredient

- ¾ cup wild rice pilaf mix
- 1 small carrot
- 2 celery stalks
- 1 bay leaf
- ½ teaspoon dried thyme
- 1 ½ cups of vegetable stock or water

### Process

1. Peel the carrot and cut the celery. Cut them into small cube-shaped pieces, the size of a bite.
2. Rinse the rice in water to remove any dirt. Combine rice, carrot, celery, bay leaf, thyme, and vegetable broth in a small pot. Cover it and let it boil. Reduce to a simmer. Cook for about 20 to 25 minutes, until the rice is tender.
3. Remove the lid, stir the rice, and let it stand for a few minutes.

### Nutritional values

Calories 74 kcal, Protein 0 g, Fat 5 g Carbohydrates 6 g,

## 436. Cabbage with peanuts



- Cooking 30mins
- servings 4

### Ingredient

- ½ cup diced onion
- 4 cloves garlic, minced
- ⅛ teaspoon red pepper flakes (optional)
- 4 tablespoons vegetable stock, divided
- 4 cups chopped cabbage
- 2 tomatoes, diced
- 2 tablespoons natural peanut butter mixed with ¼ cup vegetable stock
- ½ teaspoon lemon juice
- Salt to taste
- ½ cup ground peanuts
- Ripe bananas

### Process

1. In a medium saucepan, sauté the onions, garlic and red pepper in flakes (if you use it) in two tablespoons of vegetable stock over medium-high heat for 3 to 5 minutes, until the onions are browned.
2. Add the remaining 2 tablespoons of vegetable stock, cabbage, and tomatoes. Cover and cook over medium heat for 3 to 5 minutes.
3. Add the peanut butter mixture and lemon juice. Cook for 2 to 3 minutes.

4. Season with salt and add ground peanuts.
5. Serve the cabbage with peanuts over the Ripe Bananas.

**Nutritional values** Calories 1,338 kcal, protein 96 g, fat 106 g, carbohydrates 3 g.

### 437. Sauteed sweet potato and kale

#### Ingredient

##### *Sauteed*

- 2 sweet potatoes, peeled and diced (4 cups)
- 2 tablespoons vegetable stock
- ¼ cup diced onions
- 1 bunch kale, chopped (6 to 7 cups)

##### *Lemon And Mostaza Sauce*

- ¼ cup lemon juice
- ¼ cup low sodium soy sauce
- 1 tablespoon of Dijon mustard
- 1 teaspoon dried dill
- 1 teaspoon corn-starch mixed with 2 tablespoons water

#### Process

1. Place the potatoes in a saucepan and cover with water. Cook over medium-high heat, soft, but not hot, until the potatoes. Drain it.
2. In a medium skillet, mix the vegetable stock, onion, and kale. Cover and cook for 3 to 5 minutes over medium-high heat until the kale softens.
3. In the oven, add the potatoes.
4. In a casserole, add all the sauce ingredients and cook over medium-high heat until the mixture thickens.
5. Attach 6 tablespoons of sauce and whisk gently. Cook 2 to 3 minutes, if necessary, adding up to 2 more tablespoons of sauce.
6. Serve warm.



**Nutritional values**

Calories 338 kcal, protein 96 g, fat 56 g, carbohydrates 3 g.

## 438. Quinoa Tabbouleh

- Cooking In 50 Min
- Servings 4

### Ingredient

- 5 cups quinoa
- 10 cups of water
- 2 bunches of red radishes
- 1 large bunch of mint leaves, finely chopped (about ½ cup)
- 6 lemons, squeezed (about 1 cup)
- 1 teaspoon of sea salt
- 3 tablespoons umeboshi plum vinegar
- 6 tablespoons raw pine nuts
- 6 medium cucumber cucumbers, peeled and diced
- 1 ½ cluster of fresh, finely chopped parsley (approximately 3 cups packed loose)

### Process

- Rinse and strain the quinoa. Add water Heat until it boils, reduces heat to low, cover, and cooks for 20 to 25 minutes. Let it cool.
- Prepare the radishes. Cut them finely in cubes, quickly hide them in boiling water and let them cool.
- Mix the mint, lemon juice, salt, and vinegar. Add this mixture to quinoa.
- Toast the pine nuts in a small skillet over low heat for a few minutes, stirring frequently.
- Add the boiled radishes, cucumbers, pine nuts, and parsley.

### Nutritional values

Calories 338 kcal, protein 56 g, fat 67 g, carbohydrates 10g

## 439. Sweet and spicy coriander and ginger salad



- Cooking time 30 min
- Servings 1

### **Ingredient**

- 1 large purple carrot, grated (about a cup)
- 2 medium tomatoes, diced (approximately one cup)
- 1 large yellow apple, peeled and diced
- 2 tablespoons lemon juice
- 1 large handful of fresh cilantros, chopped
- 1 green jalapeno pepper, chopped
- 1 teaspoon grated ginger
- 3 tablespoons hemp seed

### **Process**

1. Mix all the ingredients several times, until the flavours have combined.

### **Nutritional values**

Calories 299kcal, Protein 48 g, Fat 10 g Carbohydrates 5 g.

## 440. Garlic Spinach

### What you will need

- 1 large bunch of fresh spinach
- 3 cloves of garlic
- 1 teaspoon vinegar
- Water or low sodium vegetable broth to sauté

### Process

- Wash the spinach.
- Peel and chop the garlic.
- Sauté the garlic in water or vegetable broth over medium heat until it softens.
- Add the spinach to the hot pan. Use the tongs to turn the spinach until all are barely withered.
- Sprinkle with vinegar and black pepper and serve.

## 441. sweet potatoes!

### What you will need

- 2 to 3 yams or sweet potatoes (red yams make a very colourful dish)
- 2 to 3 apples
- 1 tablespoon of jam or spreadable fruit (100% fruit, no added sugar, peach, orange or pineapple)
- ½ cup of orange juice

### Process

- Preheat the oven to 300-350 ° F (177 ° C).
- Peel and thinly slice sweet potatoes and apples.
- Combine spreadable fruit and orange juice.
- Place sweet potatoes and apples on a baking sheet.
- Pour the orange mixture over the sweet potatoes and apples and cover with a lid or aluminium.
- Bake for 45 minutes at 350 ° F (177 ° C).

- Sweet potatoes will be ready when they are easily pierced with a fork.

#### 442. Garlic mashed potatoes



#### What you will need

- 8 medium red potatoes
- ½ teaspoon black pepper
- 10 to 12 cloves of fresh garlic
- 1 to 2 cups of potato water
- 1 cup non-dairy milk without sugar
- Water or low sodium vegetable broth to sauté
- Salt or pepper to taste (optional)

#### Process

- Cut the potatoes into eighths (leave the peels).
- Cover with water and let them boil over medium heat until soft, about 15 minutes.
- Peel, crush and chop the garlic cloves.
- Sauté the garlic in a small saucepan with water or vegetable broth until it softens. Set it aside.
- Drain cooked potatoes over a bowl to collect your water.
- Using a manual crusher or electric mixer, crush the potatoes. Add a cup of the water from the potatoes and add the salt, pepper, and sauteed garlic.
- Add more water from the potatoes or milk, as necessary, to obtain a creamy consistency.
- Serve the mash immediately or keep it in the hot oven covered until ready to eat.

### 443. Stuffed baked potatoes



#### What you will need

- 2 Russet or Yukon potatoes (yellow potatoes), each approximately 8 ounces (227 g)
- 1/3 cup milk without milk, simple, without sweetener
- 4 tablespoons hummus, oil-free
- 1 cup cooked and chopped vegetables (onions, broccoli, cauliflower, etc.)
- 1/2 teaspoon hot sauce
- 1/2 teaspoon kosher salt (optional)

#### Process

- Preheat the oven to 300-375 ° F (190 ° C). Prepare the potatoes for baking by washing them well and inserting a fork or knife several times so that the steam escapes during the baking process.
- Bake for about an hour, or until tender when inserting a fork. Remove them from the oven and allow them to rest until they cool enough to touch them. Cut the potatoes lengthwise.
- Remove the inside of the potatoes with a spoon and place them in a bowl and be careful not to break the peels. Leave a small edge of the potato intact for support.
- Leave the prepared potato peels on a baking sheet.
- Mix the inside of the potatoes in a bowl, along with the remaining ingredients, and combine them completely. Pour the mixture back to the potato peels evenly until

each half is round and almost overflowing. Place them back in the oven and bake until hot, about 15 minutes. Remove from oven and serve immediately.

### **444. Curry rice**

#### **What you will need**

- 1 chopped onion
- 5 or 6 cups cooked brown rice
- 2 teaspoons curry powder
- 1 package of 16 ounces (454 g) of frozen peas and carrots, steamed and drained
- Salt (optional) and pepper to taste
- $\frac{1}{4}$  cup raisins, ground
- $\frac{1}{4}$  cup raw, filleted and toasted almonds

#### **Process**

- Sauté the sliced onion in a non-stick skillet dry until golden brown. Add a little water if necessary to prevent the onion from sticking to the pan.
- Add cooked brown rice, curry powder, steamed peas and carrots to the golden onion. Combine them well.
- Season generously with salt (optional) and pepper. Mix the curry rice combination with raisins and almonds and serve immediately.

## 445. Mashed potatoes

### What you will need

- 3 pounds of potatoes, a mixture of red and yellow ( Yukon Gold )
- ½ handful of parsley
- ¼ cup nutritional yeast
- ½ teaspoon black pepper
- 2 cups of natural almond milk
- ½ tablespoon onion powder
- 1 teaspoon granulated garlic

### Process

- Wash and cut the potatoes into large pieces, about the same size. Put them in a large pot and cover with water and let them boil until tender, 7 to 10 minutes. Meanwhile, wash and cut the parsley.
- Check the potatoes with a knife; It should slide between them when they are ready. Drain them. Enjoy the facial steam.
- Place the potatoes again in the hot pot. Let them steam, so they release some of the liquid. Add the remaining ingredients: parsley, almond milk, nutritional yeast, salt, pepper, onion powder, granulated garlic. Use a potato press to crush everything together. Try the mash to adjust the seasoning.



## 446. Wild Rice Pilaf



### What you will need

- $\frac{3}{4}$  cup wild rice pilaf mix
- 1 small carrot
- 2 celery stalks
- 1 bay leaf
- $\frac{1}{2}$  teaspoon dried thyme
- 1  $\frac{1}{2}$  cups of vegetable stock or water

### Process

- Peel the carrot and cut the celery. Cut them into small cube-shaped pieces, the size of a bite.
- Rinse the rice in water to remove any dirt. In a small pot combine rice, carrot, celery, bay leaf, thyme, and vegetable broth. Cover it and let it boil. Reduce to a simmer. Cook for about 20 to 25 minutes, until the rice is tender.
- Remove the lid, stir the rice, and let it stand for a few minutes.

## 447. Vegan breakfast sausages with apples and shiitakes

### What you will need

- 3 tablespoons ground chia seeds + 6 tablespoons water
- 2 cups of soy curls
- ½ cup shiitake mushrooms
- ½ cup of apples finally cut
- 1 can of 15 ounces (425 grams) of navy white beans or any other white beans
- 2 tablespoons maple syrup
- ½ teaspoon of natural maple flavouring
- 1 teaspoon ground sage
- 1 teaspoon fennel seeds (I crush them a little in a seed grinder for more flavour)
- 2 teaspoons onion powder
- 1 tablespoon tamari
- ½ teaspoon red chili flakes

### Process

- Cover the soy curls with fresh water and let them soak for 10 minutes.
- Mix the chia with the water and set it aside.
- Line the baking sheet with parchment paper.
- Preheat the oven to 300-350 ° F (177 ° C).
- Remove the mushroom stems (save them for broth), cut the mushrooms into large pieces, and skip them in water until they are tender, and most of the water has evaporated.
- Drain the onion curls and squeeze as much water as you can.
- Drain and rinse the beans.
- Add the remaining mushrooms and ingredients, except apples, to a food processor and press until combined but still retain a thick consistency.
- Add the apples.
- Shape the mixture into logs, each 3 inches (8 cm) long and 1 inch (3 cm) in diameter.

- Place them on the baking sheet and bake for 30 minutes, turning once or twice to make sure they have a uniform colour and heat distribution. Be careful! The sausages will be very fragile until they are cooked.

## 448. Caramelized and smoked Brussels sprouts

### What you will need

- 1 small red onion
- 1 teaspoon of paprika smoked
- 1½ pounds (680 g) Brussels sprouts
- Salt and pepper

### Process

- Preheat a wide skillet over high heat. If possible, use a cast-iron skillet.
- Peel, cut in half, and then thinly slice the red onion.
- Once your pan is incredibly hot, add the red onion in a single layer. Add smoked paprika on top.
- Leave the onions alone and let them brown for about 5 minutes.
- Meanwhile, cut the bottom of Brussels sprouts and then cut them in half. Allow the outer leaves to fall and discard them (they are often bitter). Wash split cabbages in half to remove any dirt.
- Once the onions begin to brown, stir and continue cooking until they are well browned, for another 5 minutes or so.
- Move the onions to the side of the pan.
- Add the Brussels sprouts cut in half to the pan and spread them so that they form a single layer as much as you can. Allow the cabbage to carbonize for a couple of minutes before stirring.
- When the cabbages are golden on one side, stir and continue cooking until they all have a little colour. Stir frequently to prevent burning.
- After about 5 minutes, add 1 cup of water to the sprouts. The steam must finish cooking. If they are larger, however, they may take longer, so add more water to prevent burning.
- Season with salt and pepper and serve.



## 449. Sweet potato and pineapple casserole with pecan streusel

### What you will need

- 4 medium sweet potatoes (approximately 4 pounds or 2 kilos)
- 2 cups diced pineapple and juice (fresh, frozen or canned)
- 2 teaspoons ground cinnamon
- 1 teaspoon ground ginger
- 1 teaspoon grated nutmeg
- ¼ teaspoon salt (optional)
- ½ cup chopped dates or dates
- ½ cup brown rice flour
- ¼ cup pecan pieces
- ¼ cup cashew butter
- A little salt (as needed)

### Process

- Preheat the oven to 425 ° F (218 ° C).
- To roast sweet potatoes: Scrub and place on a baking sheet. Bake at 425 ° F (218 ° C) until completely tender, about 1 hour - 90 minutes, depending on their size. This time is enough to make your streusel cover and prepare the pineapple.
- To make streusel coverage: Chop dates. Combine them with brown rice flour, pecan pieces, cashew butter, and a pinch of salt. Use your hands to shred them together, just as you would with a traditional butter streusel topping. You want the streusel to stay together in pieces the size of a pea. If it is not sticky, add a tablespoon of water and mix well. Check again and add the water, 1 tablespoon at a time, until you get the pea-sized pieces. Set aside the mixture for later use.
- To make the casserole: Cut and divide your pineapple into cubes. You need about 2 cups of diced pineapple. Combine with cinnamon, ginger, nutmeg, and salt. Sweet potatoes will be ready when a knife can easily slide in

and out of them. Remove them from the oven and let them cool. When sweet potatoes are cold enough to handle, just peel them. Combine sweet potato pulp with pineapple spice mixture. Machine them to the desired smoothness. To make the mixture completely creamy, you better use a food processor.

- Spread the pineapple and sweet potato mixture on a 9-inch (23 cm) baking sheet. Sprinkle the pecan streusel on top of the mixture. Bake at 350 degrees F (177 ° C) for 8 to 10 minutes, until golden brown on top.

### 450. Cabbage with peanuts



#### What you will need

- ½ cup diced onion
- 4 cloves garlic, minced
- ⅛ teaspoon red pepper flakes (optional)
- 4 tablespoons vegetable stock, divided
- 4 cups chopped cabbage
- 2 tomatoes, diced
- 2 tablespoons natural peanut butter mixed with ¼ cup vegetable stock
- ½ teaspoon lemon juice
- Salt to taste
- ½ cup ground peanuts
- Ripe bananas

#### Process

- In a medium saucepan, sauté the onions, garlic and red pepper in flakes (if you use it) in two tablespoons of

vegetable stock over medium-high heat for 3 to 5 minutes, until the onions are browned.

- Add the remaining 2 tablespoons of vegetable stock, cabbage, and tomatoes. Cover and cook over medium heat for 3 to 5 minutes.
- Add the peanut butter mixture and lemon juice. Cook for 2 to 3 minutes.
- Season with salt and add ground peanuts.
- Serve the cabbage with peanuts over the Ripe Bananas.

### 451. Sauteed sweet potato and kale



#### What you will need

##### *Sauteed*

- 2 sweet potatoes, peeled and diced (4 cups)
- 2 tablespoons vegetable stock
- ¼ cup diced onions
- 1 bunch kale, chopped (6 to 7 cups)

##### *Lemon And Mostaza Sauce*

- ¼ cup lemon juice
- ¼ cup low sodium soy sauce
- 1 tablespoon of Dijon mustard
- 1 teaspoon dried dill
- 1 teaspoon corn-starch mixed with 2 tablespoons water

#### Process

- Place the potatoes in a saucepan and cover with water. Cook over medium-high heat, soft, but not hot, until the



potatoes. Drain it.

- In a medium skillet, mix the vegetable stock, onion, and kale. Cover and cook for 3 to 5 minutes over medium-high heat until the kale softens.
- In the oven, add the potatoes.
- In a casserole, add all the sauce ingredients and cook over medium-high heat until the mixture thickens.
- Attach 6 tablespoons of sauce and whisk gently. Cook 2 to 3 minutes, if necessary, adding up to 2 more tablespoons of sauce.
- Serve warm.

## 452. Quinoa Tabbouleh

### What you will need

- 5 cups quinoa
- 10 cups of water
- 2 bunches of red radishes
- 1 large bunch of mint leaves, finely chopped (about ½ cup)
- 6 lemons, squeezed (about 1 cup)
- 1 teaspoon of sea salt
- 3 tablespoons umeboshi plum vinegar
- 6 tablespoons raw pine nuts
- 6 medium cucumber cucumbers, peeled and diced
- 1 ½ cluster of fresh, finely chopped parsley (approximately 3 cups packed loose)

### Process

- Rinse and strain the quinoa. Add water Heat until it boils, reduces heat to low, cover, and cooks for 20 to 25 minutes. Let it cool.
- Prepare the radishes. Cut them finely in cubes, quickly hide them in boiling water and let them cool.
- Mix the mint, lemon juice, salt, and vinegar. Add this mixture to quinoa.
- Toast the pine nuts in a small skillet over low heat for a few minutes, stirring frequently.

- Add the boiled radishes, cucumbers, pine nuts, and parsley.

### 453. Sweet and spicy coriander and ginger salad



#### What you will need

- 1 large purple carrot, grated (about a cup)
- 2 medium tomatoes, diced (approximately one cup)
- 1 large yellow apple, peeled and diced
- 2 tablespoons lemon juice
- 1 large handful of fresh cilantro, chopped
- 1 green jalapeno pepper, chopped
- 1 teaspoon grated ginger
- 3 tablespoons hemp seed

#### Process

- Mix all the ingredients several times, until the flavours have combined.

## 454. Vegan muffins of rainbow chard and tofu

### What you will need

#### *Vegetable Filling*

- Vegetable broth (to saute)
- 2 cloves garlic, minced
- ½ sweet potato (grated)
- 1 handful of spinach
- Rainbow chard (chopped)
- Parsley

#### *For The Mass*

- 1 cup oatmeal
- 1 cup of rice flour
- 1 teaspoon corn-starch
- 1 teaspoon baking powder
- 2 tablespoons flaxseed
- ½ teaspoon cumin
- 1 teaspoon salt
- 1 teaspoon nutmeg
- ½ cup of tofu
- 7 tablespoons oatmeal (or soft mixed tofu)
- 1 cup oat milk

#### *Aderez*

- 1 to 2 tablespoons hemp seeds

### Process

- Preheat the oven to 400 ° F (204 ° C).
- Preheat a large skillet over medium heat. Pour a little vegetable stock and add the garlic and sweet potato. Sauté for about 5 minutes, and then place the spinach. Cook for another 2 minutes until the spinach is completely soft. Remove from heat and let it cool completely before continuing to the next step.
- In a large bowl, mix all the dry ingredients. Crush the tofu well and add it to the dry ingredients.

- Add the chopped cooked vegetables, chard, and parsley in the large bowl and mix well until all the ingredients are combined.
- Fill the baking pans (I use baking paper for each muffin ).
- Sprinkle hemp seeds on each muffin.
- Bake for 25 minutes.

### **455. Potato chips with salt and baked vinegar**

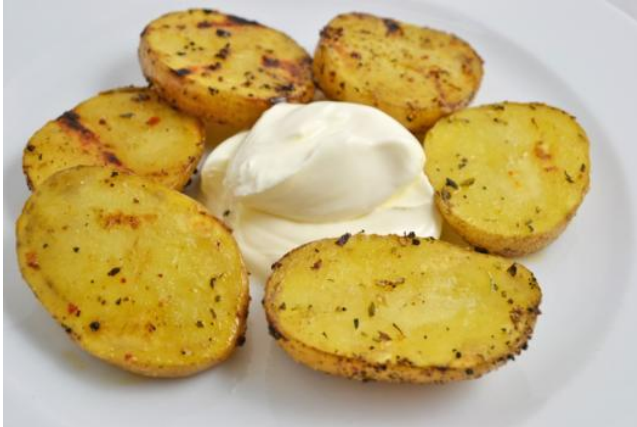
#### **What you will need**

- 5 russet potatoes
- 2-3 cups apple cider vinegar
- 2 tablespoons nutritional yeast flakes
- Sea salt (optional)

#### **Process**

- Preheat the oven to 218 ° C (425 ° F). Line a sheet of parchment paper for baking.
- Peel or wash the potatoes and cut them into 1/4 inch (6 mm) thick slices lengthwise. Stack and cut some slices of potatoes in the shape of thin matches at a time.
- In a large pot, put the potatoes and pour in enough vinegar to cover them. Cook 10 minutes over medium-high heat. For more than 10 minutes, do not cook potatoes or they will become too soft and may not be crispy in the oven. Drain the potatoes, but do not rinse them in a colander.
- Place the potatoes on the prepared baking sheet in a single layer. Sprinkle with nutritional yeast and salt to taste (if you use it).
- Cook until golden brown for 30 minutes. Serve hot.

## 456. Grilled potato



- cooking time 30mins
- serving 1
- calories 593

### ingredients

- Potatoes (greasy)
- olive oil
- Rosemary (needles, finely chopped)
- salt
- pepper

### preparation

1. For grilled potatoes, first wash the potatoes and boil them in salted water until they are soft, let them cool down and peel them.
2. Mix the olive oil with rosemary, salt and pepper. Brush the potato with the mixture and grill in aluminium foil for about 5 minutes.

### 457. Corn wheels

- cooking time 15mins
- serving 4

#### ingredients

- 3 ears of corn
- butter
- salt
- Wooden or metal skewers

#### preparation

1. For the corn wheels, remove the peel and hairs from the fresh corn on the cob, if necessary. Cut into slices of approx. 2 cm with a sharp knife. Put on metal skewers and leave a little space between the individual slices.
2. Fry the corn wheels on the hot grill on all sides until the corn kernels have turned a golden yellow colour. Brush with butter and, depending on your taste, add a little salt.

### 458. potato fritters

- cooking time 15mins
- serving 4

#### ingredients

- 500 g potatoes (cooked and strained)
- 5 tbsp whole wheat flour
- salt
- 1 pc egg
- 100 g onions
- 1 tbsp parsley
- 2 tbsp butter

#### preparation

1. For the potato patties, quickly process all the ingredients into a dough and form patties out of them.

Brush with a little melted butter and bake in the oven preheated to 180 ° C for about 25 minutes.

2. Take the finished potato patties out of the oven and enjoy hot.



## 459. potato pancakes



### ingredients

- 800 g potatoes (peeled)
- 3 tbsp potato starch (alternatively soy flour)
- 1 egg
- 1 zucchini (finely grated)
- nutmeg
- pepper
- salt
- 2 tbsp rapeseed oil

### preparation

1. Grate the raw potatoes, squeeze out the water and thicken the grated potatoes with a little potato starch or soy flour. Mix in an egg.
2. Squeeze out the finely grated zucchini, stir into the mixture and season.
3. Form small cakes and sizzle the potato pancakes in hot oil until golden.

## 460. Asparagus from the oven



cooking time 30 mins

serving 4

### **ingredients**

500 g asparagus

3-4 tbsp rapeseed oil

3-4 tbsp lemon juice

1 tbsp salt (coarse)

pepper

### **preparation**

For asparagus from the oven, peel or clean the asparagus and place in an ovenproof dish. Drizzle with rapeseed oil and lemon juice and season with salt and pepper.

The oven to 180 ° C Preheat and asparagus bake 15-20 minutes, stirring occasionally and be careful that the asparagus is not too soft.

## 461. Asparagus strudel



cooking time 30mins

serving 4

calories 160

### **ingredients**

1 packet of puff pastry (ready)

1 bunch of asparagus (green or white)

10 Dag ham

5 Dag cheese (grated, Gruyere, Emmentaler or other, at least 45% hard cheese)

1 packet of brunch (natural or herbs)

### **preparation**

For the asparagus strudel 1, peel and boil the asparagus.

Roll out the puff pastry and top with ham and cheese then spread the brunch on top. Place the asparagus in the middle and roll it up. Bake the strudel in the oven according to the packaging.

Serve the asparagus strudel.

### 462. Zucchini with feta

- cooking time 15mins
- serving 2
- calories 290

#### ingredients

- 1 piece of zucchini
- 100 g feta
- Cocktail tomatoes
- 100 ml Creme fine (for cooking)
- 1 pc egg
- Herbs (of Provence)

#### preparation

1. For the zucchini with feta, cut the zucchini into slices and into larger pieces. Bake in a baking dish with a few drops of olive oil for 10 minutes.
2. Fold in the feta and the halved tomatoes. Whisk the Creme fine and the egg, add the Provence herbs and pepper and pour over the zucchini mixture.
3. Bake for another 15 minutes.

### 463. Stir-fry vegetables

- cooking time 30 mins
- serving 4

#### ingredients

- 3 carrots
- 200 g Chinese cabbage
- 300 g spinach
- 100 g mushrooms
- 1 tbsp soy sauce
- 1 teaspoon chilli powder
- 2 toe (s) of garlic
- salt
- 200 ml of water

#### preparation

1. For the stir-fried vegetables, chop the garlic and roughly chop the vegetables. Heat the oil in a wok or in a pan, fry the garlic, add the carrots and fry them briefly.
2. Add the mushrooms, spinach and Chinese cabbage and fry briefly. Deglaze immediately with water, season with soy sauce and salt.
3. The pan-fried vegetables served.

#### **464. Mexican stir-fry vegetables**

- cooking time 30 mins
- serving 2

#### **ingredients**

- 300 g zucchini
- 150 g paprika (red)
- 1 g oregano (dried)
- 50 g onions
- 10 ml of lime juice
- 1 g pepper
- 1 g salt
- 150 g sweet corn (canned, drained)
- 20 g corn oil
- 1 g of caraway seeds

#### **preparation**

1. For the Mexican vegetable pan, first, wash the vegetables and cut them into bite-sized pieces.
2. Heat the oil and briefly fry the vegetables in it. Add the drained corn, lime juice and spices.
3. Cover and cook for another 10 minutes. The Mexican stir- fry not only tastes good as a main course but also as a vegetable side dish!

## 465. Colourful chickpea salad



### ingredients

- 1 onion (small)
- 1 clove of garlic
- 1/2 bell pepper (red)
- 1/2 bell pepper (green)
- 1 handful of corn
- 1 can (s) of chickpeas
- 1 handful of cashew nuts (roughly chopped)
- Salad herb mixture
- salt
- pepper
- curry
- 1/2 tbsp olive oil
- 1 teaspoon balsamic vinegar

### preparation

1. For the colourful chickpea salad, first finely chop the onion and garlic and place in a bowl with the chickpeas. Cut the pepper halves into small pieces, coarsely chop the cashew nuts.
2. Add to the chickpeas together with the corn, season with the oil, vinegar and spices and let the chickpea salad steep in the refrigerator.

## 466. Caprese



- cooking time 15 mins
- serving 4
- calories 675

### ingredients

- 2 pieces of cheese (mozzarella)
- 4 tomato (s)
- Basil leaves
- Salt (from the mill)
- Pepper (from the mill)
- olive oil

### preparation

1. For the Caprese, cut the mozzarella and tomatoes into slices. Then place a slice of mozzarella, tomato and basil leaves on top of each other directly on the plates. Season each with pepper and drizzle with olive oil.
2. Finally, sprinkle the Caprese with freshly ground sea salt and drizzle with a little olive oil.

## 467. Green beans and carrot soup

- cooking time 60 mins
- serving 5
- calories 222

### ingredients

- 250 g green beans
- 3-4 carrots
- 1 pc onion
- 1 l vegetable soupe (soupe cubes)
- 30 g butter
- 3 tbsp flour
- parsley
- salt
- pepper

### preparation

1. For the green beans and carrot soup the diced onion in the butter fry light, dust with the flour and pour in the vegetable soup.
2. Add the cleaned and sliced carrots. Clean the beans and cut them into thirds and add them to the soup.
3. Cook covered for about 45 minutes on a low flame.
4. The green beans and carrot soup with parsley refine and possibly season with salt and pepper.



## 468. Potato and rocket salad

- cooking time 15 mins
- serving 4

### ingredients

- 800 g potatoes (greasy and cooked)
- 100 g rocket
- 1 teaspoon mustard
- 150 g onions (finely chopped)
- 100 ml of pumpkin seed oil
- 100 ml white wine vinegar
- 200 ml beef soup (warm)
- salt
- pepper
- sugar

### preparation

1. For the potato and rocket salad, mix the mustard with the pumpkin seed oil, vinegar, warm beef soup, salt, pepper and a little sugar. Slice the still-warm potatoes into leaves and add a little salt.
2. Cut the rocket and mix with the finely chopped onions in the marinade. Then mix with the potatoes.

## 469. Wild garlic spaetzle

- cooking time 15 mins
- serving 4

### ingredients

- 400 g of flour
- 170 g wild garlic
- 4 eggs
- 300 ml of water
- salt
- Butter (to the pan)

### preparation

1. Rinse the wild garlic leaves with cold water, shake dry and chop very finely.
2. Mix all ingredients into a dumpling dough and pour through a dumpling sieve into boiling salted water.
3. Let simmer for about 5 minutes, then strain.
4. Toss the spaetzle in a little butter.

## 470. Zucchini turrets

- cooking time 5 mins
- serving 4

### ingredients

- 1 zucchini (small)
- 4 tomatoes (ripe)
- 2 pieces of mozzarella
- olive oil
- Seasoned Salt
- Basil (fresh)

### preparation

1. For the courgette turrets, cut the courgette into 1 cm thick slices, season with salt and fry in olive oil in a pan.
2. Turn the slices over and top with a slice of tomato and mozzarella each. Cover the pan so the cheese melts.
3. Pepper and top with a fresh basil leaf.

### 471. Spinach dumplings



- cooking time 15 mins
- calories 234

#### ingredients

- 2 eggs
- 1 tbsp butter
- 180 g of flour
- 2 tbsp spinach (strained)
- salt
- pepper
- nutmeg

#### preparation

1. Beat butter with egg yolk until frothy. Mix in the spices, spinach and flour. Also fold in the egg whites.
2. Cut out dumplings from this mixture or slice them with a spaetzle sieve, pour them into gently surging salt water and let them steep until they float on top.
3. Remove the finished spinach dumplings, drain and serve.



## 472. Oatmeal dumplings



- cooking time 55 mins
- serving 4

### **ingredients**

- 1 pc egg
- 1 tbsp butter
- parsley
- 5 tbsp oatmeal
- salt
- pepper

### **preparation**

1. For the oatmeal dumplings, beat the egg, stir in the oatmeal, salt, pepper, parsley and melted butter, leave to rest for 2 hours. Put a teaspoon of dumplings in salted water and let them steep for 10-15 minutes.
2. Take out, put off. Sprinkle with parsley.

### 473. Rice with red lentils

- cooking time 55 mins
- serving 4

#### ingredients

- 1 cup (s) of basmati rice
- 3 tbsp lentils (red)
- salt
- 2 cup (s) of water

#### preparation

1. For the rice with red lentils, heat the water and add salt. When it boils, add rice and lentils.
2. Let it boil briefly, then put the lid on, turn off the stove and let everything stand for 15 minutes. The lid should not be opened during this time.

### 474. Feta Tomato Casserole with Bacon

#### Ingredients

- 150 grams of feta cheese, reduced in fat (9%)
- 30 grams of bacon
- 4 cocktail tomatoes
- 1.5 ml of olive oil
- 20 grams of grated cheese

#### Preparation:

1. Preheat the oven to 200 degrees and rub a small, refractory shape with a little olive oil.
2. Place the drained feta in the bowl, sprinkle the bacon over it, put the tomatoes in, put the cheese on it, and put it in the oven with it!
3. After about 20-25 minutes, the grated cheese is the golden yellow; your Bacon Feta casserole is then ready to

enjoy.

## 475. Carrots potato hash browns



- cooking time 30 mins
- serving 4
- calories 300

### ingredients

- 600 g carrots
- 600 g potatoes
- 1 pc onion
- 3 teaspoons of potato starch
- 3 eggs
- 2 toe (s) of garlic
- salt
- pepper
- nutmeg

### preparation

1. For the carrot hash browns, roughly grate the potatoes and carrots and finely chop the onions and garlic. Mix all ingredients well and season to taste.
2. Use a spoon to place small heaps in a pan heated with a little oil, flatten it a little and slowly fry on both sides.



### **476. Pumpkin potato hash browns**

- cooking time 60 mins
- serving 2
- calories 212

#### **ingredients**

- 200 g pumpkin meat
- 300 g potatoes (floury)
- 1 leek (small)
- sea-salt
- Pepper (from the mill)
- Thyme (fresh)
- 4-6 tbsp olive oil (or clarified butter)

#### **preparation**

1. Grate the pumpkin flesh. Peel the potatoes and grate them too. Clean the leek, cut lengthways and cut across into strips. Or peel the onion and cut it into fine slices. Mix all ingredients together, season with salt and pepper. Pluck the thyme leaves and stir in. Either roast everything or shape patties and fry them in the oil.

### **477. Avocado kernel**

- cooking time 30 mins
- serving 2

#### **ingredients**

- 2 pieces of Korn spitz
- 1 pc avocado
- 1 lime
- Cocktail tomatoes
- basil
- Kala Namak salt
- pepper

#### **preparation**

1. For the avocado kernel point, cut the avocado in half and remove the stone. Remove the pulp and distribute

- it on the cut halves of the grain.
2. Drizzle with freshly squeezed lime juice and sprinkle with kala namak and pepper. The avocado Korn spitz with basil and cherry tomato serve.

### 478. Potato and bean puree



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- cooking time 60 mins
- serving 5

#### ingredients

- 700 g potatoes
- 500 g of beans
- 2 tbsp oil (or lard)
- 1 onion
- salt

#### preparation

1. For the potato and bean puree, first boil and peel the potatoes. Cook the beans separately from the potatoes.
2. Finely chop the onion and fry in the lard. Puree and mix the boiled potatoes and beans, add the hot lard and the fried onions. Mix everything well so that the

mixture turns brown and creamy. Salt according to taste.

3. Serve potato and bean puree as an accompaniment to roasts.

## 479. Potato and celery puree



- cooking time 30mins
- serving 1
- calories 248

### ingredients

- 300 g celery
- 200 g potatoes (up to 300 g, floury)
- some milk (or whipped cream)
- 50 g butter (up to 80 g)
- salt
- Pepper (white, from the mill)

### preparation

1. For the potato-celery puree, peel the celery and potatoes, quarter them and cook in salted water, mixed with a little milk, until soft. Strain and mash with a potato masher or puree briefly.
2. Season the potato and celery puree with salt and a little white pepper, and round off the taste with milk or cream and butter.

### **480. Colourful Garden vegetables**

- cooking time 10mins
- serving 4

#### **ingredients**

- 300 g broccoli
- 300 g cauliflower
- 300 g carrots
- 300 g beets (yellow)
- 300 g zucchini
- salt
- Butter (to pan)

#### **preparation**

1. For colourful garden vegetables, clean the broccoli and cauliflower and cut into bite-sized florets. Cut carrots, yellow beets and zucchini into sticks. Boil the vegetables in salted water, adding the courgette sticks a little later as they take less time to cook.
2. Pan the colourful garden vegetables in hot butter and season with salt if necessary.

### **481. Beer onions**

- cooking time 60mins
- serving 4
- calories 228

#### **ingredients**

- 30 g butter
- 500 g onions
- salt
- pepper
- thyme
- 1/2 lemon (juice)
- sugar
- 1 tbsp flour
- 1/4 l beer
- Parsley (chopped)

### **preparation**

1. For the beer onions, heat the butter and fry the onions cut into rings for about 10 minutes. Season with salt, pepper, thyme, lemon juice and sugar, sprinkle with flour and stir-fry for about 3 minutes.
2. Pour in the beer, cook for about 20 minutes and sprinkle the finished beer onions with parsley.

## **482. Mushroom risotto**

- cooking time 30mins

### **ingredients**

- 250 g risotto rice
- 2-3 tbsp oil
- 50 g onions
- 1/2 l beef soup (or vegetable soup)
- 250 g mushrooms

### **preparation**

1. For the mushroom risotto, roast the onion in oil, add the rice and stir until it is translucent. Pour the beef soup on top and cook the rice over a low heat.
2. Cut the mushrooms into leaves, sauté them in a little oil and add to the rice. Enjoy the finished mushroom risotto hot.

## **483. Caraway potatoes**

- cooking time 30mins

### **ingredients**

- 500 g potatoes

- Caraway seed
- salt
- oil

### **preparation**

1. For the caraway potatoes, peel and slice large potatoes.
2. Sprinkle a baking sheet with caraway seeds, place the potatoes on top, sprinkle with caraway seeds and a little salt again and drizzle with a little olive oil.
3. Bake on medium heat for about 20 minutes.
4. Take the finished caraway potatoes out of the oven and serve hot.

### **484. Sage potatoes**



- cooking time 30mins
- servings 4

### **ingredients**

- 12 potatoes (smaller ones)
- 12 sage leaves (fresh)
- 2 tbsp olive oil
- Lemon juice
- Salt (from the mill)
- Pepper (from the mill)

### **preparation**

1. Wash the unpeeled potatoes well. Make a cut on the long side and insert a sage leaf into each. Mix the olive

oil with a little lemon juice, salt and pepper. Put the potatoes in an ovenproof baking dish and coat well all around with the oil. Fry in the preheated oven at 180 ° C for about 45 minutes. Meanwhile, brush the oil repeatedly.



### **485. Potato and wild garlic puree**

- cooking time 30mins
- servings 4

#### **ingredients**

- 750 g potatoes
- 50 g butter
- 25 g wild garlic
- 125 ml whipped cream
- nutmeg
- salt

#### **preparation**

1. First boil the potatoes in salted water until they are soft, peel them while still hot and press them through the potato press.
2. Mix with butter and hot whipped cream until frothy.
3. Wash the wild garlic, drain well and chop finely.
4. Mix into the potato puree and season with nutmeg and salt.

### **486. Radish Salad**

- cooking time 15 mins

#### **ingredients**

- 3 bunch of radishes (with green)
- Quince vinegar
- Hazelnut oil
- salt
- Sage flowers
- 2 tbsp hazelnuts

#### **preparation**

1. For the colourful radish salad, wash the radishes, cut off the stems (leave a little green on them) and cut into wedges. Mix the quince vinegar and hazelnut oil well.

- Try the marinade without salt, only then add salt if necessary.
2. Drizzle over the served radishes, then garnish the colourful radish salad with sage flowers.
  3. Roast the chopped hazelnuts and sprinkle over the radishes.

### 487. Cole slaw



- cooking time 60 mins
- servings 2

#### ingredients

- 1/2 head of white cabbage
- 1 onion (large)
- 2 carrots
- 150 g salad mayonnaise
- 1 lime (juice)
- 2 teaspoons of cane sugar
- salt

#### preparation

1. Finely chop the white cabbage, peel and grate the carrots. Then peel the onion and cut very finely.
2. Mix the vegetables together and marinate with mayonnaise, lime juice, brown sugar and salt.
3. Let the Coleslaw steep in the refrigerator for at least 1 hour.

## 488. Cold slaw



cooking time 60 mins

servings 2

### **ingredients**

1 head of white cabbage

6 tbsp oil

4 tbsp vinegar

1 tbsp icing sugar

1 teaspoon caraway seeds (whole)

salt

Pepper (white, from the mill)

### **preparation**

Remove the outer leaves, quarter the cabbage and finely slice with a cabbage slicer. If you don't have a cabbage slicer, use a sharp knife to cut fine pasta. Salt generously and let stand for 30-45 minutes. Pour off excess water and squeeze out well. Mix a marinade from vinegar, sugar, caraway seeds and oil and work it into the cabbage. Season well with pepper.

### 489. heated coleslaw

- cooking time 30 mins

#### ingredients

- 1 white cabbage
- 1 tbsp caraway seeds
- salt
- 1/8 l vinegar
- 120 g bacon
- 2 tbsp lard (or oil)
- sugar

#### preparation

1. For the warm coleslaw, cut the bacon into small cubes and toast it in the lard to form gels.
2. Cut the cabbage and blanch in salted water. Then strain and pour the grams over it.
3. Bring the vinegar and caraway seeds to the boil and pour over the cabbage as well. Add a little more sugar, mix well and serve the finished coleslaw warm.

### 490. Zucchini vegetables

- cooking time 30 mins
- servings 7
- calorie 267

#### ingredients

- 2 zucchinis (medium-sized)
- 2 onions (medium-sized)
- 3-5 clove (s) of garlic
- 3 sage leaves
- thyme
- 1 pinch of herbs from Provence
- olive oil
- 1 pc. Paprika (yellow)
- 1 pc. Paprika (red)
- salt
- 1 tbsp cream

## **preparation**

1. For the zucchini vegetables, finely chop the onions and roast them very lightly in oil. Add the zucchini cut into strips, paprika and spices and let simmer.
2. At the end stir some more cream into the sauce and serve the zucchini vegetables.

## **491. Alkaline wild garlic wedges**



- cooking time 60 mins
- servings 2

## **ingredients**

- 20 g wild garlic
- 100 g yogurt (0.1% fat)
- 400 g potatoes (raw)
- 25 g rapeseed oil
- 1 g pepper
- 25 ml of water
- 1 g salt

## **preparation**

1. For basic wild garlic wedges, first wash the potatoes and cut into wedges. Finely puree the wild garlic with water and oil. Season the wild garlic oil with salt.

Marinate the potatoes with oil and bake them in the oven at 180 ° C for about 30-35 minutes (the cooking time depends on the size of the cracks).

### **492. Horseradish curd cream**

- cooking time 15 mins
- servings 4
- calories 615

#### **ingredients**

- 250 g curd cheese (lean)
- 50 ml milk
- 1 yolk
- 1 egg white
- salt
- pepper
- 100 g horseradish
- 4 radishes

#### **preparation**

1. Dilute curd cheese with milk. Separate the eggs, mix in the yolks and season with salt and pepper.
2. Beat the egg whites until stiff and fold into the curd mixture.
3. Finely grate the horseradish and radishes and fold into the curd cream.

### **493. Ham rolls with horseradish filling**

#### **ingredients**

- 200 g ham
- 250 g curd cheese
- 2 tbsp crème fraiche
- 2 tbsp horseradish
- 2 tbsp parsley (chopped)
- 1 tbsp mustard

- Lemon juice
- salt
- Pepper (from the mill)

### **preparation**

1. First, finely chop the parsley. Squeeze the lemon and collect the juice.
2. Mix the curd cheese, crème fraiche, horseradish, chopped parsley, mustard, lemon juice, salt and pepper well together.
3. Spread out the ham slices and place the filling on top.
4. Roll up and serve the ham rolls.

### **494. cucumber sauce**



### **ingredients**

- 100 g of flour
- 100 g butter
- 1 onion (finely chopped)
- 1.5kg of cucumber
- Dill
- Parsley (chopped)
- sour cream
- salt

### **preparation**

1. Peel, core and scrape the cucumbers and season with salt. Sweat the flour in hot butter and add the onion. Add the cucumbers that have not been squeezed out and cook well. Season with chopped dill and parsley. Finish with sour cream.



## 495. Tomato salad



- cooking time 15 mins
- servings 4

### ingredients

- 8 tomatoes
- 2 spring onions
- 4 tbsp balsamic vinegar
- 8 tbsp olive oil
- 4 basil leaves (cut)
- Salt (from the mill)
- Pepper (from the mill)
- 1 pinch of sugar

### preparation

1. For the tomato salad, scald the tomatoes briefly, peel and cut into thin slices. Also cut the spring onions into thin slices. For the marinade, mix the balsamic vinegar with olive oil and season with salt, pepper and a pinch of sugar.
2. Add the cut basil leaves. Place the tomato slices in a fan shape on each plate, sprinkle with spring onions and pour the marinade over them.

### **496. Apple horseradish**

- cooking time 15 mins
- servings 4

#### **ingredients**

- 250 g apples (peeled and pitted)
- 20 g horseradish (from the jar)
- 20 g horseradish (freshly grated)
- 10 g of sugar
- 3 tbsp lemon juice
- salt

#### **preparation**

1. For the apple horseradish, mix about 3 tablespoons of water with lemon juice, sugar, salt and horseradish from the glass. (The horseradish from the glass prevents the apple pie from turning brown.)
2. Grate fresh horseradish and apples and mix immediately with the mixture.

### **497. Spinach cheese spread**

#### **ingredients**

- 100 g spinach leaves (frozen)
- 1 clove (s) of garlic
- 125 g goat cream cheese (room temperature)
- 50 ml feta (room temperature)
- 1 teaspoon mint (fresh)
- 1 teaspoon lemon peel (untreated)
- salt
- Pepper (freshly ground)

#### **preparation**

1. Thaw the spinach and drain well, also pat dry with kitchen paper. Put the spinach, goat's cream cheese and feta in a bowl and use the hand blender to make a

cream. Add the garlic, mint and lemon zest and stir into the cream. Season with salt and pepper.

## 498. Horseradish spread



- cooking time 15 mins
- servings 4

### ingredients

- 5 pieces of radishes
- 1 onion (small, red or white)
- 1 bunch of chives
- 250 g curd cheese (lean)
- 1 tbsp horseradish
- salt
- pepper

### preparation

1. For the horseradish spread, first cut the radishes into fine sticks. Peel the onion and cut into small cubes. Cut the chives into small rolls, freshly grate the horseradish.
2. Combine the radishes, chives, onions and curd cheese. Season the horseradish spread with horseradish, salt and pepper.

### 499. Liptauer spread

- cooking time 15 mins
- servings 12

#### ingredients

- 200 g curd cheese
- 80 g butter
- 1 teaspoon Burgl's organic herbs
- salt
- pepper
- 1 tbsp paprika powder
- 1 bunch of chives (finely chopped)

#### preparation

1. For the Liptov curd cheese, stir in butter until fluffy. Season to taste with salt, pepper, Burgl's organic herbs and paprika powder. Finally add the finely chopped chives.

### 500. Beetroot horseradish

- cooking time 15 mins

#### ingredients

- 250 g horseradish
- 150 g beets (cooked)
- 50 grams of sugar
- salt
- 150 ml of wine vinegar

#### preparation

2. Grate horseradish or cut into small cubes.
3. Puree the cooked beets with horseradish, sugar and a little salt in a blender.
4. Mix with wine vinegar and keep tightly closed.

## **501. Bean sprouts - Namul**

cooking time 15 mins

### **ingredients**

150 g bean sprouts

1 teaspoon sesame oil

1 clove (s) of garlic (finely chopped)

salt

1 teaspoon apple cider vinegar

1 pod (s) chilli (red)

1 pod of chilli (green)

### **preparation**

For the namul, blanch the bean sprouts (scald briefly) and rinse in cold water. Mix with the remaining ingredients and mix well.

Put the finished namul in small bowls and serve.

## **502. Glazed carrots**

cooking time 35 mins

### **ingredients**

350 g carrots

30 grams of sugar

30 g butter

parsley

salt

Pepper (white)

20-40 ml stock (or beef soup)

Parsley (freshly chopped)

### **preparation**

Cut the carrots into pleasing pieces, briefly boil in salted water not too soft, melt the butter, caramelize the sugar in it, add the carrots, add a little water or beef soup and cook, season to taste.

Season the carrots with curry, a few mustard seeds and a pinch of cayenne pepper.

## **503. Grilled fennel**

### **ingredients**

4 bulb of fennel

3 tbsp olive oil

some lemon juice

salt

Aluminium grill cup

### **preparation**

For the grilled fennel, wash the fennel bulbs and cut into thin slices. Finely chop the fennel greens and set aside.

Mix the olive oil with a little lemon juice and salt in a bowl. Roll the fennel slices in the marinade. Place the marinated fennel slices in a grill tray on the wire rack or directly on the grill rack. Cook until soft and serve the grilled fennel with the finely chopped fennel greens.

## **504. Onion Mustard Dip**

cooking time 15 mins

servings 4

### **ingredients**

1 onion (small)

100 g tarragon mustard

salt

Pepper (from the mill)

### **preparation**

First peel the onion and cut it into very fine cubes.

Mix with mustard, salt and pepper.

Serve the onion mustard dip in a small bowl.

## **505. Blue cheese dip**

### **ingredients**

300 g vegetables (raw, cut into sticks, e.g., carrots, peppers, celery, cucumber, zucchini, radishes)

5 tbsp KUNER fine mayonnaise (50% fat)

100 g natural yoghurt (1%)

50 g blue cheese (or Gorgonzola)

### **preparation**

For the blue cheese dip, first crush the soft blue cheese with a fork and mix with 2 tablespoons of mayonnaise until creamy.

Mix in the rest of the mayonnaise and natural yoghurt.

Serve the blue cheese dip with the vegetables for dipping.

## **506. Grilled potatoes**

cooking time 60 mins

servings 4

### **ingredients**

4 potatoes (large, floury)



1 bottle (s) of KUNER American Sauce

Aluminium foil

### **preparation**

For grilled potatoes, first wash the potatoes, fold them up, wrap in aluminum foil and cook on the grill or in the embers for about 60 minutes. Serve the finished grilled potatoes with the sauce.

Serve the finished grilled potatoes with the sauce.

## **507. Spinach chips**

cooking time 30 mins

servings 2

### **ingredients**

125 g baby spinach leaves (fresh)

some olive oil

salt

Pepper (from the mill)

### **preparation**

For the spinach chips, first preheat the oven to 180 ° C. Cover 3 baking sheets with parchment paper.

Wash the spinach leaves and dry them well. Mix with olive oil, salt and pepper. Place them individually on the baking trays.

Put in the oven for about 15 minutes (longer depending on the oven). The spinach chips should be nice and crispy.

## 508. Tomato sauce

cooking time 10 mins

servings 4

calories 539

### ingredients

125 g tomatoes (peeled)

125 ml of pasta

1 onion (small)

1 stick (s) leek (small)

sugar

salt

pepper

1 clove of garlic

1 teaspoon peanut oil

Basil (fresh)

### preparation

Finely chop the garlic and onion, cut the leek into slices, then sweat in oil until translucent.

Add tomatoes, passata and sugar. Simmer slowly for 10 minutes.

Season to taste with salt and pepper, puree everything together and serve with basil.

## 509. zabaglione

cooking time 30 mins

servings 4

### ingredients

3 egg yolks

50 g granulated sugar

6 cl wine

Mint leaves (for garnish, to taste)

**preparation**

For the zabaione, mix the egg yolks in a bowl with sugar and wine and beat over steam to a compact, warm foam.

Fill the finished zabaglione into glasses and garnish with mint leaves, for example.

## 510. Lemon vodka sorbetto

cooking time 60 mins

servings 4

### ingredients

200 g granulated sugar

4 lemon (juice)

1 lemon (zest, grated)

4 cl vodka

100 ml white wine

2 egg whites (whipped with 2 tbsp sugar until creamy)

### preparation

For the lemon-vodka-sorbetto, bring about 400 ml of water with sugar and lemon zest to the boil. Add lemon juice, vodka and white wine and freeze in the ice cream maker. Or pour the mixture into a shallow tub and freeze while stirring repeatedly with the whisk.

Just before serving, stir in the creamy egg white with the sugar in the lemon vodka sorbetto. The sorbetto should be nice and creamy and fluffy.

## CHAPTER EIGHT Vegetables

### 511. Poached eggs from the air fryer



- preparation time 15mins
- cooking time 30mins
- servings 4

#### Ingredients

- 2 owners
- 1 avocado
- 1 clove of garlic
- 3-6 cherry tomatoes
- 1 litre of boiling water
- 50ml vinegar
- 1-2 tablespoons Sriracha sauce
- Some parsley, salt & pepper

#### Preparation

1. To poach the eggs, pour 1l boiling water into the air fryer's baking mould and add the vinegar. Then carefully insert the eggs into the liquid and if necessary, hold them together with a spoon. Cook for 3-5 minutes in the Air fryer at 200 ° C.
2. For the spread, chop an avocado, garlic, and tomatoes. Mix with a little Sriracha sauce, olive oil and a little salt. Serve everything on a slice of toasted bread and garnish with parsley and lemon zest.

## 512. Vegetable and oat patties from the hot air fryer



- Preparation time 15mins
- Cooking time 30mins
- Servings 4

### ingredients

- onion
- 1 bell pepper
- 4 potatoes
- carrots
- 1 zucchini
- 200 g breadcrumbs (plus more to roll over)
- 100 g oatmeal
- 2 eggs
- salt
- pepper
- marjoram
- Caraway seed
- Vegetable oil (for brushing)

### preparation

1. First, peel and chop an onion for vegetable and oat patties. Wash, core, and cut into small cubes. Peel the potatoes and carrots. Grate the zucchini.
2. Combine all ingredients. Shape patties in breadcrumbs.
3. Place the vegetable oat patties in the Air fryer basket and bake at 180°C for about 10 minutes. Repeat until all patties are finished.



### **513. Zucchini and feta casserole from the air fryer**

- Preparation time 15mins
- Cooking time 30mins
- Servings 2

#### **ingredients**

- 500 g zucchini
- 100 g feta
- 2 eggs
- 1 tbsp milk
- salt
- Pepper (from the mill)
- 1 1/2 tbsp olive oil

#### **preparation**

1. Wash and roughly grate the zucchini. Express very well so that as little liquid as possible remains.
2. Whisk the eggs with the milk. Mix the crumbled feta with the remaining ingredients.
3. Pour into the greased baking pan and pour the egg-milk mixture over it.
4. Bake the casserole in the Philips Air fryer hot air fryer at 180 ° C for about 30-35 minutes.

### **514. Sweet potato fries from the air fryer**

#### **ingredients**

- 800 g sweet potatoes
- 1 tbsp sesame seeds
- 1/2 tbsp sea salt (coarse)
- some oil

#### **preparation**



1. Peel the sweet potatoes and cut into 1 x 1 cm thick French fries.
2. Toast the sesame without fat until it smells fragrant. Let cool a little and pound with the salt.
3. Bake the sweet potato fries in the hot air fryer with a little oil at 200 ° C for about 10 minutes. Then reduce the temperature to 180 ° C and bake for another 15 minutes.
4. Sprinkle with the sesame and salt mixture and serve immediately.

### **515. Corn skewers from the air fryer**



- Preparation time 5mins
- Cooking time 15mins
- Servings 4

#### **ingredients**

- 3 ears of corn
- some corn oil
- some butter
- salt
- Skewers (for the air fryer)

#### **preparation**

1. For the corn skewers from the hot air fryer, first, clean the corn on the cob and cut into slices about 2-2 1/2 cm

thick. Put them on the skewers with a little space.  
Brush with oil.

2. Grill for about 10-15 minutes at 180 ° C in the Philips Air fryer hot air fryer.
3. In the meantime, melt the butter. Brush the finished corn skewers from the hot air fryer with butter and sprinkle with salt.

## 516. Vegetable noodle bake gratin



### ingredients

- 1 package Igloo vegetables à la creme peas & carrots (400 g)
- 125 g croissants (or penne pasta)
- 2 eggs
- 100 g Emmentaler (grated)
- butter
- Breadcrumbs

### preparation

1. Cook in salted water until al dente. Prepare vegetables according to package instructions.
2. Mix vegetables well with pasta, grated cheese 3/4 and beaten eggs.
3. Put the mixture in a butter-filled dish and sprinkle with the remaining cheese. Bake in a preheated oven at 180°C (middle rack) for about 30 minutes until the cheese is golden-yellow.

## 517. Colourful vegetable curry wrap



- Preparation time 15mins
- Cooking time 30mins
- Servings 2

### ingredients

- 8 wraps (medium size)
- 1 pack of brunch curry
- 100 g lettuce (iceberg)
- 1 tomato (approx. 100 g)
- 1 can (s) corn (approx. 140 g)
- 1 carrot (approx. 80 g)
- 100 g pickled cucumbers
- 1 spring onion (approx. 50 g)
- 50 g paprika (red)
- 1 lime (juice of it)
- Salt
- 1 tbsp oil

### preparation

1. Heat the wraps in a pan without oil and keep warm.
2. Briefly fry the corn, the cucumber, spring onion and bell pepper cut into strips in the pan with the oil, season with lime juice and salt.
3. Put on wraps, spread brunch on top. Place lettuce and tomatoes, cut into strips, on top.

4. Now spread the fried vegetables on top and roll them up into a colourful wrap.

### **518. Cucumber and beer vegetables**



- Preparation time 15mins
- Cooking time 30mins
- Servings 4

#### **ingredients**

- 1 kg of cucumber
- 2 tbsp butter
- salt
- pepper
- 125 ml wheat beer
- 4 tbsp whipped cream
- 2 tbsp Dille (chopped)

#### **preparation**

1. Peel the cucumber and cut it into cubes, melt the butter and fry the cucumbers in it.
2. Season with salt and pepper and pour in wheat beer, cover and cook for 15 minutes.
3. Reduce the heat, stir in the whipped cream and dill and let it steep for another 2 minutes.

## 519. Gnocchi with vegetables

- Preparation time 15mins
- Cooking time 30mins
- Servings 2

### ingredients

- 5 g vegetable soup powder
- 20 g sunflower oil
- 80 g zucchini
- 400 g gnocchi
- 60 g whipped cream
- 75 g paprika (green)
- 5 g basil
- 5 g parsley

### preparation

1. For the gnocchi with vegetables, first prepare the gnocchi according to the package instructions.
2. Thinly slice the zucchini, dice the bell pepper. Sear the vegetables in a hot pan, add a little water if necessary.
3. Season with the soup seasoning, salt and pepper, then stir in the cream. To serve, distribute the vegetables over the gnocchi and serve the gnocchi with vegetables quickly.

## 520. Potato and vegetable fritters

### ingredients

- 500 g potatoes (floury, boiled, peeled)
- 300 g zucchini
- 300 g country cream cheese (cottage cheese)
- garlic
- salt
- Herbs
- 2 pc eggs
- Flour
- Breadcrumbs

### preparation

1. For the potato-vegetable buffers, grind the cooked potatoes with a kitchen grater, wash the zucchini, and grind roughly. Mix all loosely with country cream cheese and spices, form patties and bread in flour, egg and breadcrumbs.
2. Bake potato and courgette patties in a pan until golden yellow, float in fat, and drain well on the kitchen roll. The rosti served with garlic cream and chive sauce.

## 521. Horseradish and Vegetable Spread

- Preparation time 5mins
- Cooking time 30mins
- Servings 4

### ingredients

- 70 g carrots
- 1 tbsp water
- 80 g potatoes (floury)
- 1 bunch of parsley
- 1 onion (small)

- 1 teaspoon horseradish
- 1 teaspoon olive oil
- salt
- Pepper (white)
- 1 teaspoon lemon juice

### **preparation**

1. Wash, peel and dice the carrots and potatoes. Bring to the boil with water, salt and the cut parsley stalks and cook covered over low heat for about 15 minutes. Puree the lukewarm with the chopped onion and the remaining parsley. Mix in the lemon juice, horseradish and oil, season with salt and pepper.

## **522. Egg spread with cucumber**



### **ingredients**

- 6 eggs
- 100 g curd cheese
- 1 packet of mayonnaise
- 4 pickles
- 1 onion
- 1 caper berries
- salt
- pepper

### **preparation**

1. Hard boil eggs (depending on size) for about 10-12 minutes. Let cool down under running cold water.



2. Then peel and chop into small pieces.
3. Chop the cucumber as well as the peeled onions and capers into small pieces.
4. Mix the curd cheese with the mayonnaise. Add the eggs and the cut vegetables and mix well.

### **523. Tomatoes stuffed with Chavroux**

#### **ingredients**

- 300 g of chavroux
- 20 pcs. Cherry tomatoes
- Parsley (finely chopped)
- Chives (finely chopped)
- Olives (green)
- salt
- pepper

#### **preparation**

1. Cut the upper third of tomatoes (with stalk) and set aside. Hollow out the tomatoes and allow the remaining juice to drain for a moment. Mix the parsley and chives and the green olives with a fork. Season with salt and pepper and pour into hollow tomatoes. Place cut parts on the tomatoes. Fresh baguette goes well.

### **524. grilled tomatoes**

- preparation time 5mins
- cooking time 15mins
- servings 4

#### **ingredients**

- 4 tomatoes
- 2 tbsp olive oil

- 3 cloves of garlic (peeled)
- 3-4 pcs. Basil leaves
- salt
- pepper

### **preparation**

1. For grilled tomatoes, first cut the tomatoes in half and cut out the stem end.
2. Make a paste from the olive oil, the garlic cloves, the basil leaves and salt and pepper in a mortar.
3. Brush the tomato halves with the spice paste, place on a grill cup and grill carefully on both sides for about 3 minutes. Serve grilled tomatoes.

### **525. Summer Salad**



### **ingredients**

- 1 pc cucumber
- 1/2 head of lettuce (green)
- 3 pieces tomatoes
- 2 onions (cut into rings)
- 2 peppers (green)
- some radishes
- chives
- some oil

*For the marinade:*

- Apple Cider Vinegar
- salt

- sugar

*For evidence:*

- Eggs (cooked and eighths)
- Tomatoes

### **preparation**

1. For the summer salad, cut the vegetables into small pieces and place them in a large bowl with the chopped chives and a little oil.
2. Prepare the marinade and pour over the salad.
3. The summer salad proves conclusively yet with sliced eggs and tomatoes and serve.

## 526. Vegetable risotto with parmesan



- preparation time 15mins
- cooking time 30mins
- servings 4

### ingredients

- 10 g rapeseed oil
- 120 g peas (dried)
- 60 g parmesan cheese
- 1 g salt
- 500 ml of water
- 100 g carrots
- 2 g of garlic cloves
- 50 g onions
- 100 g rice (raw)
- 80 g zucchini

### preparation

1. Sweat the finely chopped onion in oil.
2. Chop the remaining vegetables and roast them briefly.  
Pour water on.
3. Put the rice in boiling water and let it cook.
4. Mix the vegetables and rice, season and season with grated Parmesan.

## 527. Zucchini vegetables

- preparation time 15mins
- cooking time 30mins
- servings 7

### ingredients

- 2 zucchinis (medium-sized)
- 2 onions (medium-sized)
- 3-5 clove (s) of garlic
- 3 sage leaves
- Thyme
- 1 pinch of Provence herbs
- olive oil
- 1 pc. Paprika (yellow)
- 1 pc. Paprika (red)
- salt
- 1 tbsp cream

### preparation

1. For the zucchini vegetables, finely chop the onions and roast them very lightly in oil. Add the zucchini cut into strips, paprika and spices and let simmer.
2. At the end stir some more cream into the sauce and serve the zucchini vegetables.

## 528. Mexican stir-fry vegetables

- preparation time 15mins
- cooking time 30mins
- servings 2

### ingredients

- 300 g zucchini
- 150 g paprika (red)
- 1 g oregano (dried)
- 50 g onions
- 10 ml lime juice

- 1 g pepper
- 1 g salt
- 150 g sweet corn (canned, drained)
- 20 g corn oil
- 1 g of caraway seeds

### **preparation**

1. For the Mexican vegetable pan, first wash the vegetables and cut into bite-sized pieces.
2. Heat the oil and briefly fry the vegetables in it. Add the drained corn, lime juice and spices.
3. Cover and cook for another 10 minutes. The Mexican stir- fry not only tastes great as a main course, but also as a vegetable side dish!

### **529. Grill vegetables**

- preparation time 15mins
- cooking time 30mins
- servings 4

### **ingredients**

- 250 g mushrooms
- 1 bell pepper (red)
- 1 bell pepper (yellow)
- 1 aubergine
- 1 zucchini
- olive oil
- 1 cloves of garlic (peeled)
- 1 sprig (s) of rosemary
- 1 sprig (s) of thyme
- salt
- Pepper (from the mill)

### **preparation**

1. For grilled vegetables, brush the mushrooms first. Halve, core, quarter peppers. Wash and dry aubergines and zucchini, then cut into thick slices.

2. Mix olive oil, garlic and herbs and marinate for about 1 hour.
3. Grill vegetables in a grill pan on both sides of the grill. Serve the grilled vegetables with salt and pepper.

## 530. Quinoa salad



- preparation time 15mins
- cooking time 30mins
- servings 4

### ingredients

- 150 g quinoa
- 1 bell pepper (green)
- 1 bell pepper (red)
- 1 carrot (medium)
- 1/2 zucchini
- 1/2 bunch of parsley
- 1 lemon (juice only)
- 1 tbsp olive oil
- Salt (to taste)

### preparation

1. Cook the quinoa according to the instructions on the packet.
2. In the meantime, cut the peppers, zucchini and carrots into small cubes. Chop the parsley.
3. Strain the cooked quinoa and place in a bowl. Mix in the chopped vegetables. Season with parsley, salt, lemon juice and olive oil.
4. Mix everything well and serve.



### **531. Carrot and semolina soup**

- preparation time 15mins
- cooking time 30mins
- servings 4

#### **ingredients**

- 1 pc onion
- 1 carrot (large)
- 50 g semolina
- Soup
- salt
- parsley

#### **preparation**

1. For the carrot and semolina soup, roast the onion and briefly roast the finely chopped carrot.
2. Pour the soup on top, add the semolina and briefly bring the soup to the boil and season to taste.

### **532. Spinach strudel**

#### **ingredients**

- 1 packet of puff pastry
- 1 cup of crème fraiche
- 750 g spinach leaves
- 250 g sheep cheese
- 1 egg
- 4 cloves of garlic
- salt
- pepper

#### **preparation**

1. Roll out the puff pastry and spread the crème fraiche in the middle.
2. Cut the cooked, cooled leaf spinach and mix with the crumbled sheep cheese, crushed garlic and spices.

3. Spread the mixture in the middle of the dough, fold in the sides, roll up, close the ends well and brush with a beaten egg.
4. Bake the spinach strudel at 200 ° C (hot air) for about 20 minutes.

### 533. Tortilla wraps with tuna



#### ingredients

- 6 cherry tomatoes
- 120 g tuna (canned, natural)
- 1 avocado (ripe)
- 1 tbsp lime juice
- salt
- pepper
- 1 tortilla

#### preparation

1. If necessary, heat tortillas according to the package instructions.
2. Loosen the pulp from the avocado and remove the stone. Mash and mix with a little lime juice so it doesn't turn brown.
3. Wash and dice tomatoes.
4. Mix the tomatoes, tuna and avocado, season with salt and pepper.
5. Spread the filling on the tortillas and roll them up well.

### 534. Prosciutto figs with potato cream



- preparation time 15mins
- cooking time 30mins
- servings 4

#### **ingredients**

- 3-4 figs (fresh)
- 100 g prosciutto
- 100 g potatoes (cooked, peeled)
- 50 ml of water
- 1 dash of oil
- 1 dash of vinegar
- Cress (for garnish)

#### **preparation**

1. For the prosciutto figs with potato cream, first coarsely chop the potatoes, mix in a bowl with the remaining ingredients to a creamy mass (hand blender) and season to taste.
2. Wash the figs, quarter or sixth and wrap each in a slice of prosciutto or place on prosciutto rose.
3. The prosciutto and figs with cream potatoes with watercress garnish and serve.

### **535. Sweet Potato Pancakes**

- preparation time 15mins
- cooking time 30mins
- servings 4

#### **ingredients**

- Olive oil (for frying)
- 290 g sweet potatoes
- 2 eggs
- salt

#### **preparation**

1. For the sweet potato pancakes, peel the sweet potatoes and grate them finely.
2. Whisk the eggs with salt and mix in the grated sweet potatoes.
3. Form a small flatbread from each tablespoon of the mixture.
4. Heat the olive oil, place the flatbreads in the oil, which is not too hot, and fry them brown on both sides.

### **536. Organic prawns on wok vegetables**

- preparation time 15mins
- cooking time 30mins
- servings 4

#### **ingredients**

- 10 pieces Yuu n 'Mee Black Tiger organic shrimp (or hand-selected shrimp)
- 60 g eggplant
- 60 g baby corn
- 40 g cherry tomatoes
- 40 g sugar snap peas
- 40 g Chinese cabbage

- 40 g basil (fresh)
- 20 g oyster sauce
- 10 g chilli (green)
- 2 tbsp soy sauce
- 2 pieces of limes (juice of the limes)
- 20 g onion (green)
- 4 tbsp sunflower oil

### **preparation**

1. For the organic prawns on wok vegetables, gently heat sunflower oil in the wok, sauté the vegetables in it, season with oyster sauce, chillies, lime juice and soy sauce.
2. Add the prawns and top with the basil and serve quickly.

### **537. Creamed vegetables**



- preparation time 5mins
- cooking time 15mins
- servings 4

### **ingredients**

- 2 tbsp butter
- 1 onion (finely chopped)
- 1 tbsp wheat flour (smooth)
- 375 ml vegetable soup (clear)
- salt
- pepper

- nutmeg
- 125 g QimiQ (chilled)
- 800 g vegetables (cooked)

### **preparation**

1. For the cream sauce, melt the butter in a saucepan and sauté the onion until translucent. Dust with flour, pour on clear vegetable soup, season and let simmer briefly. Stir the QimiQ into the sauce, add the cooked vegetables, season to taste and serve.

### **538. Vegetable salad with apricots**



- preparation time 15mins
- cooking time 30mins
- servings 2

### **ingredients**

- 1 carrot
- 1 pc celery (small)
- 1 pc. Yellow carrot
- 200 g peas
- 100 g apricots (fresh)
- 4 tbsp apricot vinegar
- 4 tbsp hazelnut oil
- Salt, white pepper
- 200 g mayonnaise

## **preparation**

1. Cut the vegetables into small cubes and cook to the point (not too hard, but also not overcooked). Mix the cooked vegetables with the mayonnaise, marinate the lettuce with the apricot vinegar and hazelnut oil. Cut the apricots into small pieces (remove the core) and place on the vegetables with the salad.



### **539. Vegetable rice with green asparagus**

- preparation time 15mins
- cooking time 30mins
- servings 4

#### **ingredients**

- 1 cup (s) of basmati rice
- 1 cup (s) white wine (dry)
- 1/2 cup (s) vegetable stock
- 250 g asparagus (green)
- salt
- sugar
- Lemon juice

#### **preparation**

1. If necessary, peel the asparagus stalks, cut into 4-5 cm long pieces, drizzle with lemon juice, sprinkle with salt and a little sugar and cook in a perforated bowl at 100°C for about 6 minutes.
2. Put the washed rice in a container and mix with wine, vegetable stock, and salt.
3. Steam oven, setting vegetables at 100°C for 25 minutes. Mix in asparagus 5 minutes before cooking time.

### **540. Cold cucumber soup with crayfish**

- preparation time 15mins
- cooking time 30mins
- servings 4

#### **ingredients**

- 2 cucumbers (medium)
- 500 ml sour cream (yoghurt or buttermilk)
- salt

- Pepper (white, from the mill)
- Dill
- some garlic

*For the deposit:*

12 crayfish tails (up to 16, freely, raised)

Cucumber cubes

Tomato cubes

Sprigs of dill

### **preparation**

For the cold cucumber soup with crayfish, cook the crabs and release the tails. Peel and core the cucumber and mix with sour cream (yoghurt or buttermilk). Season with salt, pepper, dill and a little garlic. Arrange in chilled plates, place cucumber and tomato cubes as well as crab tails and garnish with dill.

### **541. Chinese cabbage namul**



- preparation time 30mins
- cooking time 60mins

### **ingredients**

- 4 leaves of Chinese cabbage
- 1 teaspoon sesame oil
- salt
- 1 clove ( s) of garlic (finely chopped)

- 1/2 teaspoon paprika powder (or chilli)

### **preparation**

1. For the Chinese cabbage namul, blanch the Chinese cabbage ( scald briefly) and rinse in cold water . Mix with the remaining ingredients and mix well. Transfer to small bowls and serve.

## **542. Bean sprouts – Namul**

- preparation time 10mins
- cooking time 30mins
- servings 4

### **ingredients**

- 150 g bean sprouts
- 1 teaspoon sesame oil
- 1 clove ( s) of garlic (finely chopped)
- salt
- 1 teaspoon apple cider vinegar
- pod (s) chilli (red)
- 1 pod (s) chilli (green)

### **preparation**

1. For the Namul, blanch the bean sprouts (scald briefly) and rinse in cold water. Mix with the remaining ingredients and mix well.
2. Put the finished namul in small bowls and serve.

## **543. Crayfish in the root brew**

- preparation time 15mins
- cooking time 30mins
- servings 4

## ingredients

- Crayfish tails and claws (20-24)
- 250 ml crab stock (or fish stock and crab butter)
- 50 g potatoes (floury, cooked, to thicken)
- 50 g butter (cold, or crab butter)
- Basil (or parsley, chopped)
- Shot of brandy
- 300 g vegetables (root or mixed vegetables, cooked)

## preparation

1. Mix up crab or fish stock with boiled potato and cold butter (or crab butter) in a tower mixer or hand blender or bind (assemble). Season well with basil or parsley and brandy. Stir in the cooked vegetables cut into small cubes. Boil and release the crayfish. Arrange the released crayfish tails in deep plates and pour the bound sauce over them.

## 544. Colourful garden vegetables



- preparation time 5mins
- cooking time 15mins
- servings 4

## ingredients

- 300 g broccoli
- 300 g cauliflower
- 300 g carrots
- 300 g beets (yellow)

- 300 g zucchini
- salt
- Butter (to the pan)

### **preparation**

2. For colourful garden vegetables, clean the broccoli and cauliflower and cut into bite-sized florets. Cut the carrots, yellow beets and zucchini into sticks. Cook the vegetables in salted water, adding the zucchini sticks a little later as they take less time to cook.
3. Toss the colourful garden vegetables in hot butter and season with salt if necessary.

## 545. Salmon trout fillet on a bed of colored vegetables



### Ingredients

- 2 salmon trout fillets (120 g each)
- 150 g diced vegetables (carrots, zucchini, celery and leek)
- Olive oil (for frying)
- 1 tbsp lovage (chopped)
- 1 tbsp butter
- salt
- pepper

### preparation

1. Preheat oven at 150°C.
2. Season well-boned fillets with salt and pepper. Heat olive oil in a pan, fry the skin side fillets quickly. Place in preheated oven and cook for approx. 150°C. Five minutes. Meanwhile, sweat vegetables in a little olive oil. Season with salt and pepper, add water, cook 1 minute. Scatter the chopped lovage with a tablespoon of butter. Arrange vegetables on preheated plates and top the fish fillets.

## 546. vegetable salad with buttermilk dressing

- preparation time 15mins
- cooking time 30mins
- servings 2

### ingredients

- 1 head of head salad
- 1 carrot
- 4 pieces of radishes
- 1 turnip (yellow)
- 1/4 celery (head or stick)
- 1 bunch of chives

### *For the dressing:*

- 200 ml buttermilk
- 10 tbsp olive oil
- 5 tbsp vinegar (white)
- Salt (to taste)
- Pepper (to taste)
- Sugar (at will)

### preparation

1. For the main buttermilk salad, prepare the dressing first. Mix all ingredients well and season with salt, sugar and pepper.
2. Wash the salad well and distribute the leaves on 4 plates. Peel and use a peeler to slice thin strips onto the salad.
3. Spread buttermilk dressing. Cut chives into thin rings sprinkle on salad. Serve the salad with buttermilk dressing immediately.

## 547. Millet vegetable soup

- preparation time 15mins
- cooking time 30mins
- servings 6

### ingredients

- 1 carrot
- 1/2 stick (s) leek
- 1 pc onion (small)
- 100 g peas
- 1/2 piece of kohlrabi
- 1 teaspoon rapeseed oil
- 500 ml of vegetable soup
- 50 g millet
- Salt pepper
- Bay leaf
- thyme
- 30 g parmesan cheese
- chives

### preparation

1. Cut vegetables into small pieces for millet and vegetable soup and finely chop the onion.
2. In the rapeseed oil, add the remaining vegetables and let them roast briefly.
3. Garnish vegetable soup and sprinkle with millet. Add the spices and simmer about 15 minutes over low flame.
4. Remove the bay leaf and arrange soup plates.
5. Serve with parmesan and chives.



## 548. Pumpkin spread



- preparation time 15mins
- cooking time 30mins
- servings 4

### ingredients

- 300 g pumpkin (peeled)
- 250 g low-fat curd
- 2 tbsp sour cream
- salt
- pepper
- 1 pc onion (small)
- 1 piece of pickled gherkin
- 1 tbsp parsley (chopped)
- toe (s) of garlic

### preparation

1. Cut the pumpkin into small cubes, sauté in salted water until soft. After cooling down, strain it finely, mix with curd cheese and sour cream. Stir in chopped onion, crushed garlic, parsley and the chopped cucumber and season with salt and pepper. (Serve with black bread)

## 549. Baked zucchini from the air fryer



- preparation time 5mins
- cooking time 10mins
- servings 2

### ingredients

- 2 zucchinis
- 4-6 slices of ham
- 4 slice (s) of cheese
- 1 tbsp olive oil
- 1/2 clove of garlic
- salt

### preparation

1. For gratinated zucchini, wash the zucchini first, cut the stalk and halve the zucchini. Salt and let stand briefly to escape the water. Then dab it well.
2. Meanwhile, peel and cut into thin slices. Heat oil in a pan, fry garlic. Both sides fry the zucchini.
3. Place the zucchini in the baking pan with ham and cheese.
4. Bake in the fryer at 160°C until the cheese has melted. Serve gratin zucchini.

## 550. Tomato salad

- preparation time 5mins
- cooking time 10mins
- servings 4

### ingredients

- 8 tomatoes
- 2 spring onions
- 4 tbsp balsamic vinegar
- 8 tbsp olive oil
- 4 basil leaves (cut)
- Salt (from the mill)
- Pepper (from the mill)
- pinch of sugar

### preparation

1. For the tomato salad, scald the tomatoes briefly, peel them and cut into thin slices. Also, cut the spring onions into thin slices. For the marinade mix the balsamic vinegar with the olive oil and season with salt, pepper and a pinch of sugar.
2. Add the cut basil leaves. Place the tomato slices in a fan shape on each plate, sprinkle with spring onions and pour the marinade over them.

### **551. Wild garlic and avocado salad**

- preparation time 5mins
- cooking time 15mins
- servings 4

#### **ingredients**

- 40 g wild garlic
- 200 g fresh goat cheese
- 2 tbsp whipped cream
- 1 pc avocado
- 1 teaspoon lemon juice
- 1 tbsp olive oil
- salt
- Pepper (black)
- Dandelion leaves (for sprinkling)

#### **preparation**

1. Wash, dry and finely chop the wild garlic and avocado salad. Mix the goat cream cheese with the mixer until smooth. In wild garlic, season with salt and pepper. Cut the avocado into wedges and arrange on plates. Brush the lemon juice.
2. Pour the cheese mixture into a piping bag and dress the rosettes with olive oil on the avocado slices.
3. Sprinkle the dandelion blossoms over the wild garlic and avocado salad.

## 552. Capers and cucumber spread with paprika



### ingredients

- 250 g curd cheese (lean)
- 50 g semi-fat margarine
- 50 g skimmed yogurt
- 1 tbsp tomato paste
- 1 tbsp paprika (hot)
- 1 piece of pickled gherkin
- 1 pc onion
- 1 tbsp capers
- 1/2 bell pepper (red)
- 1 clove (s) of garlic
- 1 tbsp chives
- Caraway seed
- mustard
- salt
- pepper

### preparation

1. Spread caper and cucumber with paprika, finely chop the pickles. Peel and chop the onion. Wash the pepper bell, remove seeds and stalk, and cut into small cubes. Peel and press through the garlic press. Stir the margarine in a 10-minute foam. Incorporate curd cheese and yoghurt, stir all other ingredients. Season with caraway seeds, mustard, salt and pepper, chives.

### 553. Tomato pots

- preparation time 5mins
- cooking time 15mins
- servings 4

#### ingredients

- 200 g herbal cream cheese
- tomato
- 100 g curd cheese (lean)
- 1 tbsp whipped cream
- 2 tbsp parsley
- Seasoned Salt
- Pepper
- tbsp tomato paste
- 1 pinch of sugar

#### preparation

1. Halve the tomato, remove the pulp and cut into very small pieces. Mix with the herbal cream cheese. Add curd cheese and whipped cream and stir to a smooth mass. Add the finely chopped parsley, tomato paste and spices and season to taste.

### 554. Tomato and goat cheese spread

#### ingredients

- 200 g goat milk cream cheese
- 2 tomatoes (fully ripe)
- 1 tbsp crème fraiche
- 1 teaspoon basil
- 1 tbsp olive oil

#### preparation

1. Simmer tomatoes in hot water for 30 seconds, rinse with cold water and peel them.
2. Then roughly dice.

3. Finely chop the basil and boil with the diced tomatoes in the olive oil for 7 to 10 minutes.
4. Mix the goat's milk cream cheese with the tomato sauce and crème fraîche and beat to a fine cream.

### **555. Cucumber pots with horseradish**

#### **ingredients**

- cucumber
- 1 clove of garlic
- 200 g low-fat curd
- tbsp sour cream
- 1 tbsp horseradish
- salt
- pepper
- Dill (fresh)

#### **preparation**

1. Cut and puree the cucumber. Chop the garlic and add. Mix with the remaining ingredients and season with salt, pepper and dill

### **556. Peasant style cucumber salad**

#### **ingredients**

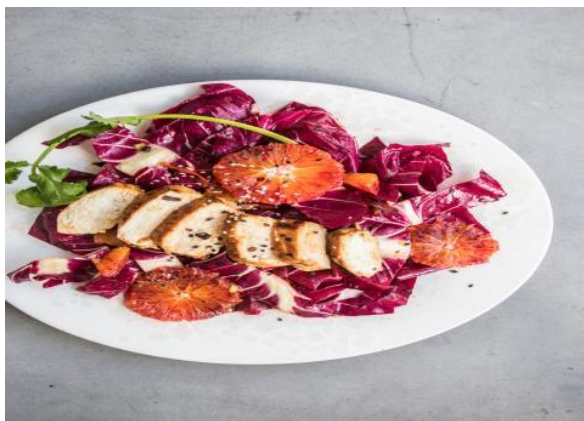
- 800 g cucumber (young)
- 200 ml of sour cream
- 2 teaspoons of paprika powder
- 8 potatoes
- Salt (from the mill)
- White pepper (from the mill)

#### **preparation**

1. Cook the potatoes with the skin on. Thinly cut the peeled cucumber, season with salt and pepper. Mix in the sour cream with the paprika powder and serve the salad. Serve the cooked, peeled potatoes with the cucumber salad.



## 557. Trevisan radicchio salad



### ingredients

- 4 Radicchio Trevisano (medium)
- 2 tbsp orange juice
- 2 tbsp lemon juice
- 4 tbsp sour cream
- 1/2 tbsp Paradeismark (mixed with a little sugar)
- 1 tbsp applesauce
- Salt (from the mill)
- Pepper (from the mill)

### preparation

1. For the Trevisan radicchio salad, first cut the washed and spun radicchio into 3 cm long pieces.
2. Then for the dressing, whisk all ingredients together well, season with salt and pepper.
3. Marinate the radicchio with the dressing and serve the Trevisan radicchio salad.

## 558. Curd cheese spread



- Cooking time Less than 5 min
- servings 4

### ingredients

- 200 g low-fat curd
- 2 tbsp horseradish (freshly grated)
- 1 teaspoon lemon juice
- 1 carrot
- salt
- pepper

### preparation

1. For the curd cheese spread, grate the carrot finely, mix well with the remaining ingredients and refrigerate.

## 559. Porcini mushroom marinade

- Cooking time Less than 5 min
- servings 4

### ingredients

- 150 g porcini mushroom
- 60 ml of wine vinegar
- 125 ml sunflower oil (if possible, directly from the farmer)
- 1 tbsp mustard
- 2 egg yolks (cooked)
- salt

- Pepper (from the mill)
- Sugar
- 2 cl water

### **preparation**

2. For the porcini mushroom marinade, cut the raw porcini mushrooms into small pieces and mix with the other ingredients.

## **560. Sour sausage salad**

- preparation time 5mins
- cooking time 15mins
- servings 2

### **ingredients**

- 200 g extra sausage
- 200 g cheese (Emmentaler or Traungold)
- 1 onion (red)
- 2 pickles (large)
- 1 bell pepper (red)
- salt
- pepper
- Steirerkraft Styrian pumpkin seed oil
- Tomato vinegar (or red wine vinegar)

### **preparation**

1. Peel the onion. Stalk the peppers and remove the inside.
2. Cut the extra sausage, cheese, onion, cucumber and bell pepper into fine strips and mix well.
3. Salt and pepper and marinate with a little vinegar and plenty of pumpkin seed oil.

## 561. Dry French Fries



- cooking time 20mins
- servings 4
- calories 120

### Ingredients

- 400 gr of potatoes
- soy oil to taste
- 1/2 teaspoon corn-starch
- salt to taste

### How to make

1. Cut the potatoes, as usual, dry them on paper towels and set them aside.
2. Bring the oil to a boil, when it is very hot, remove half a cup (of tea) of the hot oil and mix the corn starch.
3. Pour the oil back into the pan and then put the potatoes to fry.
4. Remove, deposit on absorbent paper and salt to taste.
5. They will be super dry.

## 562. Zucchini cannelloni with tuna mayonnaise



### Ingredients

- 2 medium zucchinis
- 150 g canned tuna
- 50 g mayonnaise
- 4 cucumber pickles
- A handful of pitted green olives
- 4 medium ripe tomatoes
- 2 boiled eggs
- Borges Extra Virgin Olive Oil
- A pinch of salt
- Oregano

### Preparation

1. Wash the zucchinis and use a peeler to obtain long thin strips. Reserve. Mix the mayonnaise with the tuna without broth and the egg yolk to prepare the filling. Chop the pickles, the egg white and the olives. Mix with a little Borges Extra Virgin Olive Oil, a pinch of salt and oregano. Reserve.
2. Stretch the strips of zucchini side by side, overlapping a little, place a spoonful of stuffing on one end. Roll up the strip to resemble cannelloni.
3. Grate tomatoes in an ovenproof dish and place the cannelloni on top, finish with the mixture of pickles, white and olives.

## 563. Penne salad with beetroot pesto sauce

### Ingredients

- 400 g of penne pasta
- 1 orange
- 1 lettuce
- 1 avocado
- ½ lemon
- ½ red onion

*For beetroot pesto sauce:*

- 200 g of cooked beets
- 50 g of Parmesan cheese
- 50 ml of Borges Extra Virgin Olive Oil
- A little milk
- Salt

### Preparation

1. To make the pesto, just beat all the ingredients together. Peel and cut the orange into pieces. Wash, dry and cut the lettuce. Peel and cut the avocado into cubes and squeeze half a lemon to prevent it from turning brown. Peel and cut the onion. Place the lettuce in a bowl, add the beetroot pesto sauce and add a little more of Borges Extra Virgin Olive Oil. Finish with the rest of the ingredients and decorate with a few pieces of orange.

## 564. Chickpea, Spinach, Fresh Cheese and Salad Tapenade

- cooking time 20mins
- servings 4
- calories 120

### Ingredients

- 400 g of cooked chickpeas
- 200 g of fresh spinach
- 120 g of fresh cheese

*For the tapenade:*

- 150 g of black pitted olives
- 2 anchovy fillets
- 80 ml Extra virgin olive oil from Borges

### **Preparations**

1. Wash the spinach and dry well. Cut the cheese into cubes. Mix the cooked chickpeas in a bowl with spinach and fresh cheese. Add the tapenade to your liking.
2. To make the tapenade, crush the olives and anchovies and slowly add the olive oil.

### **565. Gnocchi with Mediterranean vegetables**

- cooking time 20mins
- servings 2
- calories 100

### **ingredients**

- 250 g gnocchi (finished product)
- 100 g dolcelatte
- 50 g Brunch Legere classic
- 2 tbsp milk
- 4 celery (celery sticks)
- 1/2 bell pepper (yellow)
- 1/2 bell pepper (red)
- 1 zucchini (small)

### **preparation**

1. For the gnocchi with Mediterranean vegetables, place the gnocchi with the dolcelatte, brunch and milk in an unperforated cooking bowl and steam at 100 ° C for 10 minutes. After 7 minutes the vegetables are added. Cut the vegetables into pieces of equal size and place in a perforated cooking tray. The vegetables are cooked at 100 ° C for 3 minutes. Arrange the gnocchi on a plate and spread some of the vegetables over it.

## 566. Mediterranean pasta salad



- cooking time 20mins
- servings 2
- calories 150

### ingredients

- 160 g spiral noodles (raw)
- 160 g tomatoes
- 200 g cucumber
- 100 ml skimmed yogurt (drained)
- Balsamic vinegar
- 1 tbsp olive oil
- salt
- pepper
- Basil (fresh or dried)

### preparation

1. First cook the spiral noodles in salted water until they are al dente.
2. Wash tomatoes and cucumber and cut into bite-sized pieces.
3. Mix all ingredients, marinate with vinegar and oil and stir in the yoghurt.
4. Season the pasta salad with salt, pepper and basil, arrange and serve.





## 567. Linguine with morels and asparagus



- cooking time 20mins
- servings 2
- calories 490

### ingredients

- 320-400 g linguine (thin ribbon noodles)
- 100 g morels (fresh)
- 6 stick (s) asparagus (green)
- 100 ml veal jus (also available in delicatessen shops)
- 300 ml whipped cream
- 1 cl Madeira
- Parsley (chopped)
- butter
- Sea salt (from the mill)
- Pepper (from the mill)

### preparation

1. Clean the morels, cut them in half and briefly wash them in water. Peel the asparagus at the lower ends, cut away the woody parts and cut the stalks into fine slices. Sweat the asparagus in a little butter, add the morels and deglaze with the Madeira. Pour veal jus and whipped cream on top and let everything boil down. Meanwhile, cook the linguine in salted water until al dente, drain and stir into the sauce. Season with sea salt and pepper and stir in the chopped parsley.

## 568. Zucchini Tagliatelle



### ingredients

- 400 g zucchini
- 400 g tagliatelle
- 1 onion
- 2 toe (s) of garlic
- 1 pinch of nutmeg
- Herbs (fresh, as desired, e.g. basil, sage, etc.)
- 100 g parmesan (or sheep cheese)
- Olive oil (for the pan)
- salt
- pepper

### preparation

1. Slice the zucchini into fine strips with a potato peeler. Peel the onion and the garlic cloves and chop them into fine cubes.
2. Cook the tagliatelle according to the instructions on the package.
3. Heat olive oil in a pan and sauté the onion and garlic until translucent. Add the zucchini strips. Season with salt, pepper and nutmeg.
4. Add the cooked tagliatelle, toss it through once, mix in the fresh herbs and season with grated Parmesan or diced sheep's cheese to taste.

## 569. Fried radicchio

- cooking time 15mins
- servings 4
- calories 278

### ingredients

- 750 g radicchio
- 4 onions
- 2 cloves of garlic
- 2 tbsp pine nuts
- 5 tbsp olive oil
- Sea salt (from the mill)
- Pepper (from the mill)

### preparation

1. For the fried radicchio, first, clean the radicchio, remove the outer leaves and quarter lengthways. Cut out the stems. Eighth the onions and finely chop the garlic cloves.
2. Heat half of the oil in the pan and sweat the garlic in it. Add pine nuts and onions and fry for about 3 minutes, stirring constantly. Add the washed, well-drained radicchio and fry over low heat for about 5 minutes. Season the fried radicchio with salt, pepper and the remaining olive oil.

## 570. Fried aubergines with feta spread

### ingredients

- 1 aubergine
- 2 tbsp olive oil
- salt
- pepper

*For the feta spread:*

- 250 g sheep cheese (Greek)

- 7 tbsp olive oil
- 4 tbsp pumpkin seeds (roasted, finely chopped)
- 2 toe (s) of garlic
- 5 tbsp basil
- salt
- pepper

### **preparation**

1. Wash aubergines and cut into slices. Fry on both sides in olive oil and then season with salt and pepper. Serve with feta spread and green salad.

### *Feta spread:*

2. mash the sheep cheese with a fork and stir in olive oil until smooth. Finely chop the pumpkin seeds, garlic and basil and mix in. Season to taste with salt and pepper. Garnish with basil leaves and roasted whole pumpkin seeds.

## **571. Shepherd's salad**

- cooking time 10mins
- servings 2
- calories 500

### **ingredients**

- 2 meat tomatoes (large)
- 1/2 cucumber
- 2 peppers (1x green, 1x red)
- 1 onion (red)
- 2 spring onions
- 2 chili peppers
- parsley
- 1 lemon
- olive oil
- sea-salt

### **preparation**

1. Cut the tomatoes, the cucumber, the pitted peppers and the onion into cubes, the spring onions into thin rings. Halve, core and finely chop the chilli peppers. Mix all ingredients and season with lemon juice, olive oil, sea salt and the coarsely chopped parsley. Let it steep and serve cold.

## 572. fried zucchini



- cooking time 10mins
- servings 6
- calories 345

### ingredients

- 6 zucchinis (small)
- 120 grams of flour
- Sea salt (from the mill)
- Pepper (from the mill)
- olive oil

### preparation

1. Cut the well washed and dried zucchini into very thin slices. In a large pan, pour the olive oil about one finger high and heat it up. Salt and pepper the zucchini slices and turn them in flour (shake off excess flour using a sieve). Now fry the zucchini in small portions (otherwise the oil will cool down too much) until golden brown, turning constantly. Drain well on kitchen paper and serve hot.

### 573. Tomato salad



- cooking time 15 mins
- servings 4
- calories 296

#### **ingredients**

- 8 tomatoes
- 2 spring onions
- 4 tbsp balsamic vinegar
- 8 tbsp olive oil
- 4 basil leaves (cut)
- Salt (from the mill)
- Pepper (from the mill)
- 1 pinch of sugar

#### **preparation**

1. For the tomato salad, scald the tomatoes briefly, peel and cut into thin slices. Also, cut the spring onions into thin slices. For the marinade, mix the balsamic vinegar with olive oil and season with salt, pepper and a pinch of sugar.
2. Add the cut basil leaves. Place the tomato slices in a fan shape on each plate, sprinkle with spring onions and pour the marinade over them.



## 574. Bean salad with tomatoes

- cooking time 15 mins
- servings 4
- calories 296

### ingredients

- 500 g beans (thick)
- 6 tomato (s) (preferably fresh from the panicle)
- 1 bunch of onion (s) (spring onions)
- 4 pieces of anchovy fillets (pickled)
- olive oil
- Lemon juice
- Sea salt (from the mill)

### preparation

1. For the bean salad with tomatoes, remove the beans from the pod and briefly blanch (scald) in salted water. Quench in ice water and peel. Blanch the tomatoes as well, peel off the skin, core and cut into eighths.
2. Finely chop the spring onions and cut the sardines into bite-sized pieces. Remove any bones that may be present. Put everything in a bowl, stir carefully and marinate with olive oil, lemon juice and freshly ground sea salt.
3. Arrange the bean salad with tomatoes decoratively on large plates.

## 575. Tomato and goat cheese spread

- cooking time 15 mins
- servings 4
- calories 200

### ingredients

- 200 g goat milk cream cheese
- 2 tomatoes (fully ripe)
- 1 tbsp crème fraîche
- 1 teaspoon basil

- 1 tbsp olive oil

### **preparation**

1. Simmer tomatoes in hot water for 30 seconds, rinse with cold water and peel them.
2. Then roughly dice.
3. Finely chop the basil and boil with the diced tomatoes in the olive oil for 7 to 10 minutes.
4. Mix the goat's milk cream cheese with the tomato sauce and crème fraiche and whip to a fine cream.

### **576. Spinach cheese spread**



- cooking time 25mins
- servings 4
- calories 196

### **ingredients**

- 100 g spinach leaves (frozen)
- 1 clove (s) of garlic
- 125 g goat cream cheese (room temperature)
- 50 ml feta (room temperature)
- 1 teaspoon mint (fresh)
- 1 teaspoon lemon peel (untreated)
- salt
- Pepper (freshly ground)

### **preparation**

1. Thaw the spinach and drain well, also pat dry with kitchen paper. Put the spinach, goat's cream cheese and

feta in a bowl and use the hand blender to make a cream. Add the garlic, mint and lemon zest and stir into the cream. Season with salt and pepper.

## 577. Tomato caper hummus



- cooking time 25mins
- servings 4
- calories 196

### ingredients

- 400 g chickpeas (canned)
- 120 ml Tahina (sesame paste)
- 80 ml of olive oil
- 1 clove of garlic (large)
- 3 tbsp lemon juice
- 250-300 g tomatoes (dried, in oil)
- 2 tbsp capers
- 1 tbsp tomato paste
- 2 tbsp basil (fresh)
- 1 tbsp oregano (fresh)
- sea-salt
- Pepper (from the mill)

### preparation

1. For the tomato and caper hummus, first, strain the chickpeas and collect some liquid.
2. Chop the garlic and sun-dried tomatoes, chop the capers and herbs. Puree all ingredients with a little oil from the tomatoes to a creamy mass.
3. Season the tomato and caper hummus with sea salt and pepper.

### 578. Tomato pesto

- cooking time 5mins
- servings 4
- calories 96

#### ingredients

- 350 g tomatoes (dried, marinated in oil)
- 50 g hazelnuts (ground)
- 75 g parmesan (freshly grated)
- some chili powder
- olive oil

#### preparation

1. Drain the tomatoes. Catch 100 ml of oil and fill up to 200 ml with olive oil. Roughly chop the tomatoes and puree in a blender (or food processor) together with the hazelnuts, constantly adding the oil. Stir in the grated parmesan and season with chilli. Process further or keep tightly closed.

### 579. Greek mashed potatoes

- cooking time 30mins
- servings 4
- calories 165

#### ingredients

- 750 g potatoes (floury)
- 2 egg yolks
- Olive oil (as required)
- 2-3 cloves of garlic
- 1-2 tbsp lemon juice
- Parsley (roughly chopped)
- salt

#### preparation

1. Peel the potatoes, cut in half and cook in lightly salted water until soft. Pour into a sieve and immediately strain with a potato press or a liquor Lotte. Finely chop or crush

the garlic and stir in with the egg yolks. Now stir in enough olive oil to make a creamy puree. Season to taste with lemon juice and salt. Before serving, stir in the chopped parsley quickly.

### 580. Spinach Gnocchi



- cooking time 10mins
- servings 2
- calories 68

#### ingredients

- 180 g dumpling bread
- 400 g spinach (chopped)
- 3 egg (s)
- 150 ml milk (lukewarm)
- salt
- pepper
- nutmeg
- 2 cloves of garlic (crushed)

#### preparation

1. For the spinach gnocchi, knead all ingredients into a smooth mass.
2. Form 12 dumplings from the spinach dough with your hands moistened in water and place in a greased, perforated cooking container.
3. Cook in the steamer at 100 ° C for 12 minutes.

## 581. Wild garlic and avocado salad



- preparation time 5mins
- cooking time 15mins
- servings 4

### ingredients

- 40 g wild garlic
- 200 g fresh goat cheese
- 2 tbsp whipped cream
- 1 pc avocado
- 1 teaspoon lemon juice
- 1 tbsp olive oil
- salt
- Pepper (black)
- Dandelion leaves (for sprinkling)

### preparation

1. Wash, dry and finely chop the wild garlic and avocado salad. Mix the goat cream cheese with the mixer until smooth. In wild garlic, season with salt and pepper. Cut the avocado into wedges and arrange on plates. Brush the lemon juice.
2. Pour the cheese mixture into a piping bag and dress the rosettes with olive oil on the avocado slices.
3. Sprinkle the dandelion blossoms over the wild garlic and avocado salad.

## 582. Capers and cucumber spread with paprika



- cooking time 10mins
- servings 6

### ingredients

- 250 g curd cheese (lean)
- 50 g semi-fat margarine
- 50 g skimmed yogurt
- 1 tbsp tomato paste
- 1 tbsp paprika (hot)
- 1 piece of pickled gherkin
- 1 pc onion
- 1 tbsp capers
- 1/2 bell pepper (red)
- 1 clove (s) of garlic
- 1 tbsp chives
- Caraway seed
- mustard
- salt
- pepper

### preparation

1. Spread caper and cucumber with paprika, finely chop the pickles. Peel and chop the onion. Wash the pepper bell, remove seeds and stalk, and cut into small cubes. Peel and press through the garlic press. Stir the margarine in a 10-minute foam. Incorporate curd cheese and yogurt, stir all other ingredients. Season with caraway seeds, mustard, salt and pepper, chives.



### 583. Tomato pots

- preparation time 5mins
- cooking time 15mins
- servings 4

#### ingredients

- 200 g herbal cream cheese
- tomato
- 100 g curd cheese (lean)
- 1 tbsp whipped cream
- 2 tbsp parsley
- Seasoned Salt
- Pepper
- tbsp tomato paste
- 1 pinch of sugar

#### preparation

1. Halve the tomato, remove the pulp and cut into very small pieces. Mix with the herbal cream cheese. Add curd cheese and whipped cream and stir to a smooth mass. Add the finely chopped parsley, tomato paste and spices and season to taste.

### 584. Tomato and goat cheese spread

- cooking time 25 mins
- servings 2
- calories 600

#### ingredients

- 200 g goat milk cream cheese
- 2 tomatoes (fully ripe)
- 1 tbsp crème fraîche
- 1 teaspoon basil
- 1 tbsp olive oil

#### preparation

1. Simmer tomatoes in hot water for 30 seconds, rinse with cold water and peel them.
2. Then roughly dice.
3. Finely chop the basil and boil with the diced tomatoes in the olive oil for 7 to 10 minutes.
4. Mix the goat's milk cream cheese with the tomato sauce and crème fraîche and beat to a fine cream.

### **585. Cucumber pots with horseradish**

- cooking time 25 mins
- servings 4

#### **ingredients**

- cucumber
- 1 clove of garlic
- 200 g low-fat curd
- tbsp sour cream
- 1 tbsp horseradish
- salt
- pepper
- Dill (fresh)

#### **preparation**

1. Cut and puree the cucumber. Chop the garlic and add. Mix with the remaining ingredients and season with salt, pepper and dill

### **586. Peasant style cucumber salad**

- cooking time 15 mins
- servings 2
- calories 68

#### **ingredients**

- 800 g cucumber (young)
- 200 ml of sour cream
- 2 teaspoons of paprika powder
- 8 potatoes
- Salt (from the mill)
- White pepper (from the mill)

## **preparation**

1. Cook the potatoes with the skin on. Thinly cut the peeled cucumber, season with salt and pepper. Mix in the sour cream with the paprika powder and serve the salad. Serve the cooked, peeled potatoes with the cucumber salad.

## 587. Trevisan radicchio salad



- cooking time 5mins
- servings 3

### ingredients

- 4 Radicchio Trevisano (medium)
- 2 tbsp orange juice
- 2 tbsp lemon juice
- 4 tbsp sour cream
- 1/2 tbsp Paradeismark (mixed with a little sugar)
- 1 tbsp applesauce
- Salt (from the mill)
- Pepper (from the mill)

### preparation

1. For the Trevisan radicchio salad, first cut the washed and spun radicchio into 3 cm long pieces.
2. Then for the dressing, whisk all ingredients together well, season with salt and pepper.
3. Marinate the radicchio with the dressing and serve the Trevisan radicchio salad.

## 588. Curd cheese spread



- Cooking time Less than 5 min
- servings 4

### ingredients

- 200 g low-fat curd
- 2 tbsp horseradish (freshly grated)
- 1 teaspoon lemon juice
- 1 carrot
- salt
- pepper

### preparation

1. For the curd cheese spread, grate the carrot finely, mix well with the remaining ingredients and refrigerate.

## 589. Porcini mushroom marinade

- Cooking time Less than 5 min
- servings 4

### ingredients

- 150 g porcini mushroom
- 60 ml of wine vinegar
- 125 ml sunflower oil (if possible, directly from the farmer)
- 1 tbsp mustard
- 2 egg yolks (cooked)
- salt

- Pepper (from the mill)
- Sugar
- 2 cl water

### **preparation**

1. For the porcini mushroom marinade, cut the raw porcini mushrooms into small pieces and mix with the other ingredients.

## **590. Sour sausage salad**



- preparation time 5mins
- cooking time 15mins
- servings 2

### **ingredients**

- 200 g extra sausage
- 200 g cheese (Emmentaler or Traungold)
- 1 onion (red)
- 2 pickles (large)
- 1 bell pepper (red)
- salt
- pepper
- StarCraft Styrian pumpkin seed oil
- Tomato vinegar (or red wine vinegar)

### **preparation**

1. Peel the onion. Stalk the peppers and remove the inside.
2. Cut the extra sausage, cheese, onion, cucumber and bell pepper into fine strips and mix well.

3. Salt and pepper and marinate with a little vinegar and plenty of pumpkin seed oil.

### 591. Greek salad



- preparation time 5mins
- cooking time 15mins
- servings 4

#### ingredients

- 200 g cucumber
- 200 g tomatoes
- 100 g onions
- 100 g paprika (green)
- 100 g feta (Greek sheep cheese)
- Balsamic vinegar
- 1 teaspoon olive oil
- salt
- oregano
- basil

#### preparation

1. First, cut the cucumbers and tomatoes into bite-sized pieces, cut the onions into rings, and cut the paprika into strips.
2. Salt lightly and marinate with balsamic vinegar and olive oil. Cut the feta into cubes.

3. Arrange the salad on plates, spread the feta cubes over them, sprinkle with herbs.



## 592. Italian fisible salad

### ingredients

- 350 g green beans
- 2 packs of mozzarella
- 100 g mortadella (or more)
- Lemon olive oil
- Savory
- oregano
- salt
- pepper

### preparation

1. For the Italian fisible salad, first wash the beans and cut off the ends. Then put the beans in the boiling salted water and cook for about 10 minutes, quench with cold water and allow to cool.
2. In the meantime, cut the mortadella into 1 cm wide strips and tear the mozzarella into pieces (it takes on the taste better). Mix the green beans , mozzarella and mortadella and season the Italian fisible salad with lemon and olive oil, savory, oregano, salt and pepper.

### 593. Easy Chicken Breasts with Basil and Strawberries



#### Ingredients

- 300g of chicken breasts
- 2 tbsp of coconut oil (or olive oil)
- 2 cloves garlic
- 1/2 tsp sea salt
- 1/2 tsp ground gray pepper
- 300g strawberries
- A handful of basil leaves
- Lettuce or spinach leaves
- 3 tbsp balsamic vinegar

#### Instructions

1. In a frying pan, heat 1 teaspoon of oil, and lightly fry the crushed garlic cloves.
2. Then grill the chicken cut into thin strips, about 3 minutes for each side, until golden brown.
3. Season and salt to taste.
4. In a bowl, mix 1 teaspoon of melted coconut oil, balsamic vinegar, chopped basil and previously washed and chopped strawberries.
5. Serve the chicken on a lettuce or spinach salad, and add the strawberry and basil mixture on top.

## 594. Balanced tuna, vegetable and pasta salad



### Ingredients

- 100 g of whole wheat pasta
- 150 g of tuna (in its juice or olive oil)
- 2 handfuls of lettuce (lamb's lettuce, mixed, iceberg ...)
- 1 tomato
- 80 g of corn
- 2 tablespoons of olive oil
- 4 tablespoons of cottage cheese (or more)
- olives (optional)
- a pinch of sea salt
- black pepper or another seasoning (to taste)

### preparation

1. Cook the pasta in boiling salted water according to package directions.
2. Rinse the lettuce and tomato, chop them finely and transfer everything to a bowl.
3. Then add the corn, cottage cheese and olive oil.
4. Add the cooked and drained pasta, the tuna without its juice, and mix well.
5. Finally, season your vegetable salad with salt and pepper to taste.

## **595. Balanced salad with tuna, peas and cheese**

### **Ingredients**

- 150 g of tuna in olive oil
- 100 g of plain Greek yogurt
- 100 g peas
- 50 g of corn
- 40 g grated cheese (mozzarella)
- 2 handfuls of lettuce
- 5 pickles
- 1 tomato
- 1 tablespoon of mustard
- 1 tablespoon of ketchup (sugar-free)
- 1 garlic clove, crushed

### **Instructions**

1. Wash the salad and chop it finely.
2. In a bowl, mix it with the rest of the ingredients and stir well.
3. The salad is best eaten immediately.

## **596. Healthy mango salad**

### **Ingredients**

- 80 g of buckwheat, semolina, bulgur or quinoa
- 1 mango
- 250 g of cottage cheese
- 2 tablespoons of honey (or maple syrup)
- 2 tablespoons of grated coconut
- raisins, nuts (optional)
- 1/4 teaspoon of cinnamon

### **Instructions**

1. Cook buckwheat, semolina, bulgur or quinoa in water according to package directions.

2. When finished cooking, drain the chosen ingredient and let it cool.
3. Finely chop the washed mango and mix it with the rest of the ingredients in a large bowl.
4. You can serve this salad immediately or after refrigerating it.

### **597. Beet, apple and feta salad**



#### **Ingredients**

- 2 apples
- 2 beets
- 2-3 tablespoons horseradish (freshly grated or sterilized)
- 50 g of walnuts
- 100 g of feta cheese
- a handful of baby spinach

#### **preparation**

1. Cook the unpeeled beetroot in boiling water (for about 15 minutes).
2. Once cooled, peel and mix the beetroot until you obtain a puree.
3. Coarsely grate the grapes and mix them with the beetroot puree.
4. Add 2-3 tablespoons of grated or sterilized horseradish, chopped nuts, and crumbled feta cheese.
5. Mix everything and refrigerate the salad for several hours.

6. Serve the salad with fresh spinach leaves.

## 598. avocado and egg salad



### Ingredients

- 4 eggs
- 1 ripe avocado
- 200 g of cottage cheese
- 40 g of corn
- 30 g of sundried tomatoes
- a pinch of salt
- a pinch of garlic powder
- a pinch of ground black pepper
- new onion
- lettuce leaves

### Instructions

1. First, prepare the hard-boiled eggs in boiling water (cook them for about 8 minutes).
2. Let them cool, peel them then cut them into small pieces and place them in a bowl.
3. Then add the washed and finely chopped avocado, spring onion, cottage cheese, sundried tomatoes, corn, salt and pepper.
4. Mix the salad and, if necessary, season it to taste.
5. You can serve the salad in lettuce leaves.

## 599. Delicious fruit and chicken salad



Preparation time 20 minutes

2 serving

### Ingredients

- 200 g chicken fillets
- 120 g of plain yogurt
- 40g dried cranberries/raisins
- 40 g of almonds
- a peach / nectarine
- 1 tablespoon of lemon juice
- a handful of lettuce
- a handful of fresh grapes (optional)
- celery (optional)
- a pinch of ground black pepper
- a pinch of cinnamon
- 2 teaspoons of balsamic vinegar

### Preparation

1. Cut the fillets into small pieces and brown them in a pan without oil.
2. Once cooked, let cool and transfer to a bowl that has already mixed the yogurt and lemon juice.
3. Add the chopped vegetables, fruits, cranberries and almonds.
4. Toss the salad and season with black pepper and cinnamon.
5. Drizzle with a drizzle of balsamic vinegar and serve.



## 600. Light and healthy coleslaw salad



### Ingredients

- ½ white cabbage
- 2 carrots
- ½ onion
- 7 tablespoons of plain yogurt
- 2 tablespoons of sour cream
- 1 teaspoon of vinegar
- a pinch of sea salt
- a pinch of ground black pepper
- ½ teaspoon of mustard
- 1 teaspoon of lemon juice

### Instructions

1. In a bowl, combine the yogurt, sour cream, mustard, vinegar and lemon juice.
2. Grate the cabbage, carrots and onion as finely as possible and pour the vegetables into the bowl with the sauce.
3. Mix and season to taste with salt and pepper.

## **CHAPTER NINE Herbal Remedies**

### **1. Sumac**

Although this plant can be utilized in various herbal therapies, it is one of the few healers employ to treat eye disorders. A sumac decoction was used as a gargle to relieve sore throats or as a cure for diarrhea. The leaves and berries were steeped in tea or used to relieve poison ivy.

### **2. Oregano**

The herb oregano is often included in many herbal preparations, homeopathic medicines, and nutritional supplements produced by the pharmaceutical industry in tablets, cooking bags, syrup.

Drinking medicinal solutions of oregano helps with suffocation, helps to increase bile secretion.

Due to the diuretic effect of oregano, this plant is used as a phototherapeutic agent in diseases of the bladder and kidneys. Accelerated withdrawal of fluids from the body, provoked by using drugs based on oregano, helps cleanse the kidneys of infections.

As part of urological collections, oregano forms kidney stones and inflammation in the urinary tract.

Herbal preparations with oregano help with pancreatitis with reduced secretion of the pancreas and are used to treat acute infectious disease of whooping cough, accompanied by cough attacks and inflammatory processes in the upper respiratory tract.

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#### **4. Elderberry**

Elderberry (*Sambucus*) is a genus of dicotyledonous plants with 30 species. They are distributed mostly in the temperate zone of the northern hemisphere, but are also found in the south. Most are shrubs or low trees. 3 species are growing in Bulgaria: black, red, and elder (herbaceous elder).

The leaves, flowers and fruit of the plant can be used for herbal medicine. Elderberry leaves help treat colds, pneumonia, bronchitis, tuberculosis and cough.

The herb is also recommended to treat inflammation of the kidneys and bladder, prostate, high blood pressure, gout, haemorrhoids, hives and obesity.

Elderberry tea has a laxative effect and is very suitable for frequent, not very persistent constipation.

## **5. Red Clover**

Red Clover is a potent herbal antibiotic that can significantly boost the immune system. This herb has even been shown to increase red blood cell count in those who use it. Surprisingly, Red Clover is also a natural anticoagulant, meaning it can dissolve blood clots quickly. This, in turn, provides a general health boost regardless of what you are dealing with.

Red clover has a wide range of applications. It is primarily used to address women's health issues and alleviate menopausal symptoms such as hot flashes, swollen and inflamed breasts, and uterine cramps. Other applications include whooping cough, bronchitis, and asthma relief.

## **6. Lemon Balm**

The scent gave this herb its name: lemon balm exudes the aroma of a citrus fruit.

Lemon balm is easy to care for and the ideal plant for beginners. The spicy perennial thrives in tubs and boxes for many years, even on less sunny balconies. The leaves smell strongly of lemon and the whole plant grows to a maximum height of 50 cm.

The leaves can be used to make tea, but they can also be used in cold drinks, desserts, fruit desserts, and salads. The aromatic herb complements fish, herbal quark, and meat.

Fresh leaves can be used, or individual stalks can be dried for storage.

As a tea or bath additive, lemon balm has a calming effect. The distilled extract is also known as "melissa spirit," and it aids in the treatment of headaches and nervousness.

## **7. Chamomile**

Chamomile has white flowers with a yellow centre and a hollow space underneath. This plant is used medicinally and to make chamomile tea. Plant outside in September or early spring.

Chamomile is also used in herbal remedies such as chamomile tea. It produces small white flowers with a yellow and hollow centre if it is true chamomile.

Chamomile was a traditional medicine used thousands of years ago to treat anxiety and stomach upset. The herb is combined with other plants to obtain numerous health benefits. Chamomile can help you if you have heartburn, an upset stomach, nausea, or sickness. It is also beneficial for sore mouth and cancer. Chamomile can aid in the healing of wounds caused by skin irritation.

## **8. Black Haw**

Blackhawk is a large suckering native shrub or small tree that can reach 20 feet in height and nearly as wide. It has three seasons of interest and is a valuable wildlife plant. The spring flowers are large white cymes, and the autumn leaves are reds and purples. Berries ripen to a purplish-black color and are consumed by both humans and birds. Viburnums set fruit better when pollinated by more than one shrub.

With bright red berries and cream-colored flowers, this lovely bush is a staple of Southern herbalism in the United States. Native Americans used it for various women's health issues, including childbirth, miscarriage, and labour. It has now settled into the comfortable role of relieving uterine cramps associated with menstruation—but anyone, man or woman, can benefit from its ability to relieve intestinal or stomach cramps as well.

## **9. Evening Primrose**

An herbal source of Omega-3 fatty acids and anti-inflammatory properties. Evening Primrose is given a mysterious name because it blooms in the evening. Its benefits, however, are not so mysterious—high amounts of plant mucilage contain Omega-3 fatty acids, making it an herbal target for dealing with inflammatory issues. Evening primrose is only active in oil form; look for oil capsules or topical oils in natural food stores. If you are an experienced herbalist, try making your sun-infused seed pod oil.

### **10. Chamomile**

In the United States, chamomile is commonly used as an anxiolytic and sedative for anxiety and relaxation, and few believe it is a cure-all. In Europe, it is used to treat wounds and reduce swelling and inflammation. Few studies have been conducted to determine how well it works with each illness. Chamomile can be consumed as a tea or applied as a compress. It is deemed safe by the FDA. Drowsiness caused by medications, herbs, or supplements may worsen. Chamomile can interfere with how some medicines are absorbed by the body, causing the medicine level in some people to become excessively high. As with any herbal plant, consult with a healthcare professional before using it.

### **11. Allspice**

As the name suggests, Allspice is a wonderful spice used for business success and relieve mental tension. It can also be used as a healing herb and prepare a healing herbal bath.

### **12. Vervain**

Vervain has long been used in herbal medicine because it contains various beneficial compounds to the human body. Studies have shown it to be effective in slowing the growth of cancerous tumours, protecting the nerves,

### **13. Rocket Nightshade**

The rocket-leaved nightshade is native to Central and South America, where it grows along roadsides, in rocky areas, and on dams. It is a pioneer plant that frequently colonizes disturbed areas. The plant prefers moderately moist, porous, nutrient-rich soil in full sun and is frost sensitive.

Sticky nightshade, which is used in traditional herbal medicines for its diuretic and antihypertensive properties, has been the subject of numerous cardiological clinical studies. When taken orally, the herb lowers blood pressure significantly before stabilizing both diastolic and systolic readings. Because it is related to the tomato plant, it has similar antioxidant properties and is beneficial to overall heart health.

### **14. Roselle**

One of the most studied plants is the roselle. Its phytochemical ingredients make it an exceptionally efficient plant for treating high blood pressure and cardiac conditions. This herb has been demonstrated to help those with enlarged heart muscles and renovascular failure. Few western medications and plants are as effective as roselle as an herbal remedy for blood pressure-related disorders and damage.

### **15. Mushroom Plant**

The mushroom plant is a wonderful source of minerals such as calcium, protein, iron, beta-carotene, and vitamins A and C. Chlorophyll is abundant in mushroom herb plants, which herbalists praise for its blood-cleansing effects.

People who don't consume mushrooms for health reasons or appreciate the flavour but not the texture should try mushroom plant herbs. The peculiar mushroom-like flavour is enhanced

by cooking. To prevent colour and nutrient loss, add leaves to cooked meal at the last minute.

### **16. Corn Silk**

The long, silky strands that grow on corncobs are corn silk.

Though it's usually discarded when corn is cooked for eating, it may have a variety of medicinal uses.

For generations, corn silk has been used as an herbal treatment in traditional Chinese and Native American medicine. Many countries, including China, France, Turkey, and the United States, still use it today.

### **17. Echinacea**

In recent years, echinacea has gained popularity as a remedy for colds and other upper respiratory illnesses. Native American healers were once again ahead of the pack. Echinacea was employed "as a treatment for more diseases than any other plant," according to herbalist Melvin Gilmore.

### **16. Lady's Slipper**

Native American women often wore the lady's slipper flower in their hair because it is so lovely. On the other hand, the herb was prized for its therapeutic prowess rather than its beauty. Lady's slipper was used to cure painful menstruation, difficult childbirth, hysteria, chorea (uncontrollable spasmodic movements), and insomnia by Native American healers.

According to one historian, a lady's slipper was said to have offered undisturbed sleep to a patient who had been suffering from insomnia for so long that even opium had failed to assist.



“The herb may be utilized in all stress reactions, emotional tension, and anxiety states,” says herbalist David Hoffmann.

### **19. Magnolia**

Few trees are as lovely or fragrant as the magnolia when in blossom. But don't be fooled by its seductive allure—a it's potent medicine. There have been numerous tales of successful cures involving this aromatic tree throughout history. According to a colonial historian, a Swedish settler with ulcerated leg sores recovered swiftly after being treated by a Native American who rubbed the lesions with a mixture of magnolia ashes and swine fat. “This closed up the sores that had been always open before, and the old man's legs stayed sound till his death,” he wrote.

Native Americans boiled magnolia tree branches to prepare a tea, which they used to treat colds, fever, diarrhea, muscle cramps, and intestinal worms. Herbalists have recently broadened the usage of magnolia tea, which can be brewed from the bark or leaves, to treat nausea, asthma, and tobacco addiction. Magnolia decoctions have been used as antiseptics for wounds, scrapes, and other skin irritations, and a magnolia gargle is claimed to be beneficial for alleviating toothaches.

### **20. Calendula plant**

Calendula is one of the most valuable plants in an herbalist's arsenal, traditionally used to induce menstruation in women who do not menstruate properly and to relieve menstruation pain. This is because its diverse phytochemical ingredients repair the body in various ways. Calendula is a versatile flower that deserves to be at the top of the list for its medicinal properties. It's a digestive medication that helps relieve muscular spasms and heal stomach ulcers.

### **21. Arnica**

Arnica is a medicinal herb used to treat bruises, painful muscles, and aching joints. Arnica is a must-have in your medicine cabinet, and it will always be effective as a cure for the body's musculoskeletal system. This plant has a strong magical ability to protect and enhance the body and heal it. Working with the magical characteristics of arnica in rituals and spells can foster a sense of power and virility, as well as a greater acceptance of your magical abilities and capabilities. Allow it to enter your spell work to boost your confidence as you embrace and investigate the reality and practice of Wicca.

Find new ones that speak to you every day as you continue to study herbs in your Wicca work. You might want to develop your Wiccan Garden to keep your emphasis on specific herbal magic, and you can plant a different variety of herbs to investigate each season. You can also forage for them outdoors to learn what is growing when and how to seasonally use herbs and cures.

## **22. Wrinkles**

The Native Americans were probably unconcerned about facial wrinkles. After all, they greatly respected age, whereas today's people are more likely to fight the aging process. They did, however, care about their appearance, and historians believe they took good care of their skin.

Native Americans kept their skin clean and fresh by sweating frequently. They also used animal fats, particularly bear fat, to moisturize and protect the skin from the elements. They also used purslane, witch hazel, rosemary, and sage.

Scientists now know that these herbs are extremely beneficial to the skin because they are high in antioxidant compounds. Antioxidants aid in the prevention of wrinkles by preventing the harmful effects of naturally occurring oxygen molecules known as free radicals, which are known to cause skin damage.

The most convenient way to consume these skin-beneficial herbs is as teas. You can also make herbal tea and apply it to your skin as a compress, as many Native Americans did. Make a paste of fresh leaves and apply it as a poultice.

Because of their astringency, these herbs can be especially effective when used as poultices. According to herbal authority James A. Duke, Ph.D., they tighten the skin by causing proteins to contract temporarily.

Purshane facials are particularly effective, he claims. Blend a handful of fresh purshanes in a blender. Then, dab the mash on your face, leave it on for 15 to 30 minutes, and thoroughly rinse your face.

### **23. Varicose Veins**

The veins in the body are designed to collect “used” blood from various tissues and return it to the heart and lungs. The veins are filled with tiny one-way valves to ensure that blood flows in the right direction. As blood columns pass through the veins, these valves snap shut behind them, preventing blood from flowing backward.

It’s a clever system, but it’s not always effective because the valves occasionally weaken and lose strength. This is common in leg veins because gravity makes it more difficult to push blood upward.

Blood flows backward when the valves “slip,” forming pools of accumulated blood. More and more blood flows into these pools over time, causing the veins to swell. After a while, the veins become so large and discoloured that they can be seen through the skin. Varicose veins are what they’re called.

Doctors will sometimes inject medications to seal off the damaged veins, forcing blood to find alternate, more efficient routes. There are, however, natural remedies that can be beneficial, two of which were commonly used by Native Americans.

According to herbal expert James A. Duke, Ph.D., eating raw violet flowers is probably the best start. Violet flowers contain rutin, a compound that has been shown to help fortify capillary walls. According to Dr. Duke, eating several teaspoons of violet flowers per day (pansies may also be used) can make a significant difference. Hawthorn berries and horse chestnuts are two other natural remedies that may help increase capillary strength.

According to Dr. Duke, there is some evidence that you can strengthen veins from the outside by applying witch hazel, which is available as a liquid or tincture in pharmacies and health food stores. Some herbalists believe that drinking witch hazel tea can also strengthen the veins.

These herbal treatments are most effective when combined with a diet high in fruits, vegetables, legumes, and whole grains. These foods are high in fiber, which can help prevent varicose veins by preventing constipation and the accompanying straining that increases pressure on blood vessels. Regular exercise also helps because moving the muscles moves the veins, which helps push blood in the right direction.

## **24. Sore Throat**

Sore throats are typically caused by colds and flu and respond quickly to treatment for these conditions. On the other hand, a sore throat can be caused by pollution, smoking, or excessive yelling or talking. A sore throat caused by a bacteria called streptococcus is less common and must be treated by a doctor. Infection-related sore throats are usually accompanied by other symptoms such as fever or general aches and pains.

Native Americans had a variety of remedies for sore throats, but the most popular were herbal teas, which can be used as a gargle as well as a drink. Repeat the treatments every few hours until your throat feels better.

## **25. Shingles**

The problem with shingles is that the virus that causes it, a herpes virus, never disappears. After an attack, it recedes into the body until it resurfaces one day, causing a painful rash on the face or torso. The rash develops into blisters resembling chicken pox within a week or two.

There is no treatment for shingles. The virus usually burns itself out, but all you can do is deal with the discomfort in the meantime. Many herbalists report that strong skin washes made from the popular Native American herb's lemon balm, liquorice root, and purslane, all high in anti-viral compounds, have successfully treated the condition.

Add a teaspoon of dry herb (or two teaspoons of fresh) to a cup of boiling water to make a wash. Steep for 10 minutes before straining and allowing to cool. The washes can be applied directly to the skin or through a wet compress.

## **26. Ringworm**

Ringworm, a bothersome fungal infection that causes severe itching, is typically treated with skin washes made from Native American herbs such as echinacea, plantain, goldenseal, liquorice root, ginger, and yellow dock, all of which have been found to contain potent anti-fungal compounds. Add a teaspoon of dried herb (or two teaspoons of fresh) to a cup of boiling water to make the wash. Allow for 10 to 15 minutes of steeping time before straining and applying to the skin, either directly or as a compress.

Furthermore, garlic can be used as a rub to help stop ringworm, and the milky sap of the milkweed plant is effective.

## **27. Poison Ivy**

Poison ivy, the bane of anyone who enjoys the great outdoors, could be a major annoyance for Native Americans. When the

plant's oil comes into contact with the skin, it can be extremely irritating. Furthermore, the oil is extremely long-lasting, remaining active for months or even years. This means that even if people did not contact poison ivy directly, they could get a rash by touching something that had once been in contact with it, such as clothing or a tool handle.

Native Americans didn't waste time scratching; they developed effective poison ivy remedies. Impatiens, also known as jewelweed, was a favourite of theirs. To relieve itching, mash the frail blossoms and apply them directly to the skin. Other plants that can help include aloe, bearberry, willow, and sassafras.

## **28. Burdock**

The roots and leaves make an excellent liver tonic and aid in purifying the body and blood. Most people use burdock root to help them get rid of acne symptoms, but it also helps with various skin issues like eczema. Make a tincture of the dried root in alcohol and take 10-20 drops a day. You can eat the fresh leaves and roots after boiling them in water and discarding the water to remove the bitterness.

## **29. High John herb**

This is a multipurpose herb that is frequently worn as an amulet. It is extremely effective in increasing men's sexual prowess. It is also used to produce oils and in incense and powders. High John bestows, among other things, luck, protection, financial blessings, success, and strength. It is also referred to as The Conqueror Root.

## **30. Wormwood**

*Artemisia absinthium*, also known as wormwood or holy herb, is a plant medicinal herb with digestive and insecticidal

properties that has been used since time immemorial. It is indigenous to Western Europe and North Africa, but it can now be grown almost anywhere on the planet.

Wormwood is a powerful digestant that promotes liver health and reverses the damage caused by liver disease. It is used to treat stomach spasms. Wormwood's healing properties are truly diverse, and it is sometimes used to treat depression and anxiety-related disorders due to its effects on the brain.