

Broccoli soup with parmesan cheese



Ingredients:

- 2 broccoli
- parmesan
- 1 teaspoon of soy sauce
- 1 teaspoon of lemon juice
- salt, pepper

Time: 30 minutes

Directions:

First, boil water in a saucepan. Then, add small pieces of broccoli, parmesan cheese and soy sauce. Then, cook everything for about 8 minutes . Then, blend the soup into a smooth paste. Finally, add some salt, pepper and lemon juice for taste and serve it in a bowl.

Fruit salad

Ingredients:

- 1 pomegranate
- 6 tangerins
- 6 kiwi fruits
- white grape
- 6 spoons of honey
- 6 spoons of lemon juice

Time: 20 minutes

Directions:

First, peel the pomegranate. Then, separate the fruit and put it into a bowl. Then, peel and dice tangerines and kiwi fruits and put them in a bowl too. Then, add white grape. Finally, mix honey with lemon juice and add to the salad. Serve the salad in glasses.





ASPARAGUS AND BROCCOLI SALAD

HEALTHY FOOD

INGREDIENTS:

- 10 asparagus
- broccoli
- 1 onion
- 3 spoons of coconut oil
- 70g of olives
- 50g of walnuts
- Lemon juice
- sea salt





TIME:

20 MINUTES

DIRECTIONS:

First, cut the asparagus and broccoli into small pieces. Then, melt the coconut oil in the pan. Add the asparagus, broccoli and some sea salt. Then, mix the coconut oil with the asparagus and broccoli. Cook for 3 minutes. Then, remove the vegetables from the pan and put them into a bowl. Then, add chopped walnuts and olives. Finally, chop the onion, add the lemon juice and mix. Serve it on a plate.



ENJOY YOUR MEAL!!!!

Avocado and mango salad

Ingredients:

- 2 handfuls of rocket
- 1 mango
- 1 avocado
- 100 g of blue cheese or brie, camembert
- 100 g shelled walnuts
- 1/3 of pomegranate

Sauce: 2 spoons of extra virgin olive oil , 1 teaspoon of lemon juice, 1 teaspoon of maple syrup

Preparation time : 15 minutes

Directions:

- First, put the washed and dried rocket in a bowl. Then, add peeled and diced mangoes, avocado and cheese.
- Add broken walnuts and shelled pomegranates.
- Make the sauce and mix everything with it, season with a little salt and freshly ground pepper.
- Finally, pour the sauce over the salad and serve it on a plate.





Dish: Salad

Ingredients: tomato, cucumber, lettuce, red pepper, olive oil, feta cheese

Optional ingredients: pumpkin seeds

Time: 15 minutes

Directions:

First, wash the vegetables and tear the lettuce into small pieces. Then, slice a cucumber and a tomato and chop the red pepper. Then, chop the feta cheese. Add some pumpkin seeds for taste. Then, mix all the ingredients together and add some salt and pepper. Finally, add a bit of olive oil and serve it on a plate.



Carrot cake

Ingredients:

250 g of fine wheat flour

180 ml of vegetable oil

· 4 eggs

300 g of coarsely grated carrots

120 g of apple sauce without sugar

150 g of cane sugar

100 g of plain sugar

2 spoons of baking powder

1 teaspoon of baking soda

spices: cinnamon, salt, ginger, nutmeg

powdered sugar for decoration

Preparation:

Put 250 grams of flour into a bowl. Add 2 teaspoons of baking powder, one teaspoon of baking soda, and a half teaspoon of salt. Add a pinch of cinnamon, ginger and nutmeg. Then, peel and grate carrots. Add 4 eggs and about 250 grams of sugar to a bowl with carrots. Pour about 180 ml of vegetable oil into a bowl.

Add 120 grams of apple sauce with no sugar. Mix everything together to make a dough. Cover the bottom of the pan with baking paper and oint the sides. Bake the cake in an oven preheated to 175 degrees for about 35 minutes. Decorate the cake with powdered sugar.

A recipe for healthy biscuits

INGREDIENTS:

OAT FLAKES, FLOUR, BAKING POWDER, GROUND CINNAMON, SALT, EGG, BUTTER, VANILLA SUGAR, HONEY, APPLE

TIME: 25 MINUTES



DIRECTIONS:

PUT OAT FLAKES INTO THE BOWL. THEN ADD FLOUR, BAKING POWDER AND SOME SALT. MIX EVERYTHING TOGETHER. THEN, IN THE SECOND BOWL, CRACK AN EGG, ADD THE VANILLA EXTRACT AND HONEY. MIX THOROUGHLY. PUT IT IN THE FIRST BOWL AND MIX AGAIN. THEN, PUT IT IN THE FRIDGE. CUT AN APPLE FOR QUARTERS. PREHEAT THE COOKER TO 170 C. THEN, TAKE THE MIXTURE FROM THE FRIDGE AND MIX WITH THE APPLE. FINALLY, PUT IT ON A BAKING TRAY COVERED WITH BAKING PAPER AND PLACE IN THE HEATED COOKER FOR 10-13 MINUTES.

Pasta with spinach



Ingredients:

- pasta
- spinach
- 1 onion
- garlic
- cream
- salt and pepper
- olive oil
- green parsley
- parmesan

Time: 30 minutes

Directions:

First, boil pasta in water with some salt. Then put an onion and garlic in a frying pan and fry it in olive oil for 5 minutes. Then, add spinach and simmer it for 8-10 minutes. Add two spoons of cream. Then, add some salt and pepper. Finally, mix it with pasta. Serve it on a plate with green parsley or parmesan.



Scrambled eggs with chive





Ingredients:

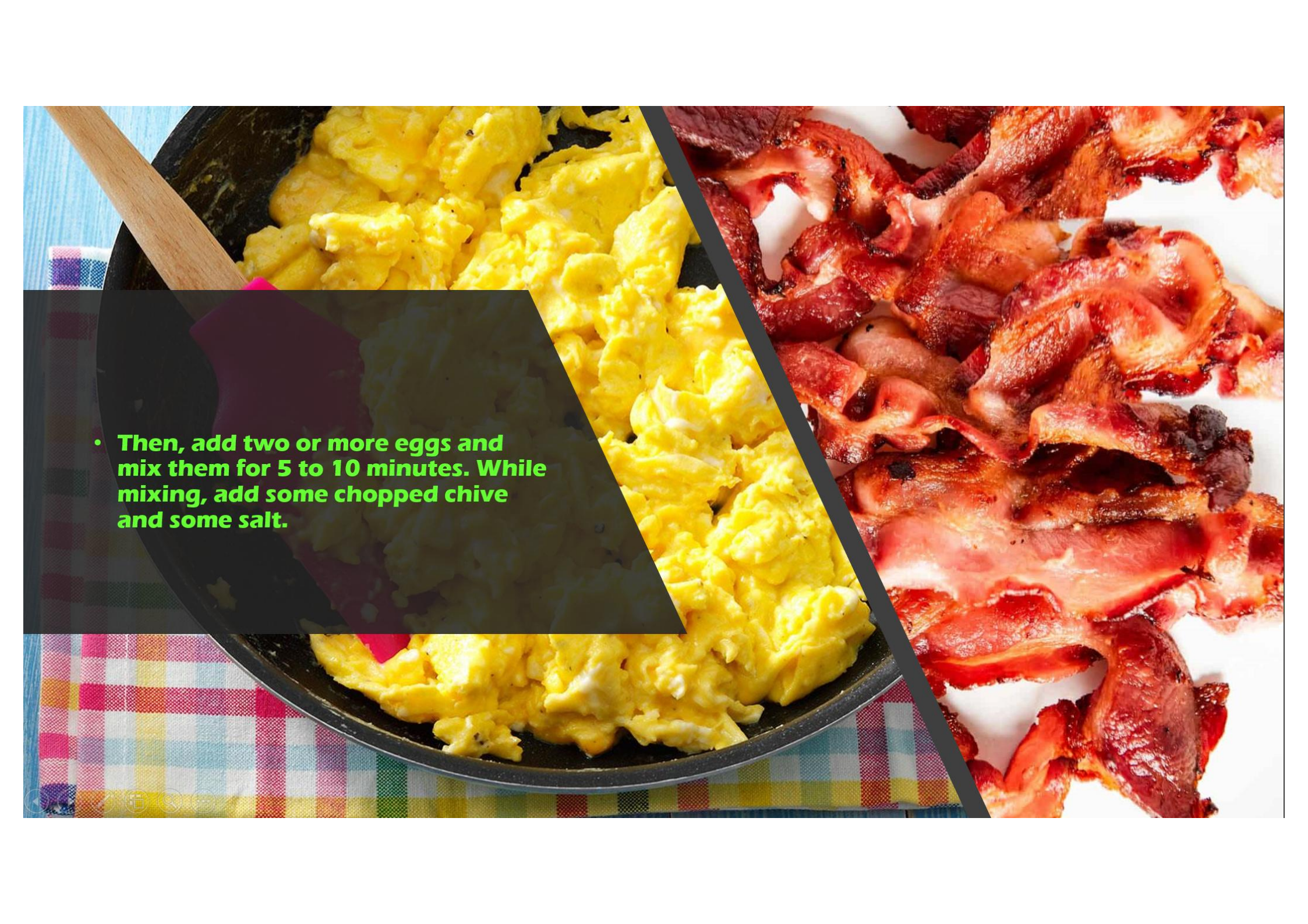
- 2+ eggs (depending on how many people, 2 eggs per one person)
- Butter or margarine
- Some bread or buns
- Chive
- Salt

Directions:

First, chop some chive.

- **Then, pull out a frying pan and some butter. Then, put it on a cooker, turn up the heat and melt the butter.**



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- **Then, add two or more eggs and mix them for 5 to 10 minutes. While mixing, add some chopped chive and some salt.**

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- **Finally, serve the scrambled eggs with some bread or buns.**

