



Erasmus+

*Be well, learn well,
teach well*

COOKBOOK





DELICIOUS



TRIPLE BERRY SMOOTHIE

- 1 banana
- 1 handful of frozen strawberries
- 1 handful of frozen blackberries
- 1 handful of frozen raspberries
- $\frac{1}{4}$ cup almond milk
- $\frac{1}{4}$ cup Greek yogurt

Blend.



HEALTHY SMOOTHIE

- 3 bananas
- 1 orange
- 2 pears
- 1 apple
- Half a lemon
- Milk (optional)

Cut all the fruit. Put the pieces into a blender. If you want, you can put milk into it. Blend it all together. And you get a nice healthy smoothie.

PEAR-SPINACH SMOOTHIE

- 1 cup spinach
- $\frac{3}{4}$ cup Greek yoghurt
- 1 pear
- 1 inch piece of ginger root (peeled and grated)
- 1 handful of ice

Blend.

SMOOTHIES



GREEN SMOOTHIE

1 handful of pineapple chunks
1 green apple
 $\frac{1}{4}$ of a cucumber
1 handful of spinach
Little bit of water

Blend.



STRAWBERRY-KIWI SMOOTHIE

$\frac{1}{4}$ cup cold apple juice,
1 ripe banana,
1 kiwi,
5 frozen strawberries
1.5 teaspoon honey



CINNAMON SMOOTHIE

- vanilla almond milk
- vanilla Greek yoghurt $\frac{1}{2}$ cup
- Oats $\frac{1}{4}$ cup
- Brown Sugar 1 tbsp
- Cinnamon $\frac{1}{4}$ tsp
- 1 Banana (frozen)





HEALTHY



FRUIT SALAD

- 2 cups blueberries
- 1 cup raspberries
- 2 cups red grapes
- 1 pint of strawberries, halved
- 3 kiwi, sliced
- 2 mango, diced
- 3 cups pineapple chunks

1. Put all fruit to a large bowl. Gently toss with a wooden spoon.
2. Serve.



RASPBERRY MUFFINS

- 1 egg
- 80g oat cereal (blended)
- 20g blended almonds
- 250ml yoghurt
- 125g flour
- 1/2 tsp cinnamon
- 1 tsp vanilla powder
- 2 tbsp sugar
- 50ml melted butter
- 1 tsp baking powder
- raspberries



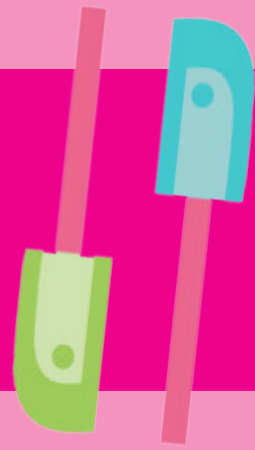
Make a mixture of all the ingredients and put it in a muffin tray. Then put some more raspberries on top. Bake approx. 20min at 180 degrees.

OATS-YOGHURT-FRUIT BREAKFAST

- 2 tbsp oats cereal
- 1/2 handful of dried cranberries
- 1/2 handful of sunflower seeds
- 1/2 banana (sliced)
- 1 cup yoghurt
- 1 tsp honey (optional)

Put all the ingredients in a bowl, stir with a spoon and enjoy.

MEALS



BUTTERNUT SOUP

1 onion (diced)
1 garlic clove (diced)
1 carrot (sliced)
1/2 butternut squash (cut into pieces)
water
salt, pepper
1 tbsp sour cream

Sauté the onion on a bit of oil and then add garlic and carrot. Stir for a minute. Add butternut squash. Pour water. Add salt and pepper. Boil until soft. Blend. Serve. Add a tablespoon of sour cream on top.



HOMEMADE BREAD RECIPE

500 g wheat flour
50 g flax flour
100 g buckwheat flour
30 g sunflower seeds
7 g dry yeast
1 spoon cumin
1 spoon salt
250 ml water

Mix all ingredients and leave the mixture in a covered bowl for 2 hours. Then place on greased sheet and put into the oven at 200 degrees for 40 minutes.



ENJOY
YOUR
MEAL !

