

Вашият резултат от теста Cytolisa

SYNLAB 

Панел 1		
Контрола	2 / 1 Артишок Реакц.: 7%	3 / 28 Патладжан Реакц.: 6%
4 / 18 Авокадо Реакц.: 8%	5 / 22 Резене Слаба Реакц.: 12%	6 / 23 Кроставица Реакц.: 6%
7 / 29 Морков Реакц.: 8%	8 / 8 Лук Реакц.: 9%	9 / 24 Царевича Реакц.: 7%
10 / 10 Листно цвекл Реакц.: 7%	11 / 11 Червена чушл Реакц.: 0%	12 / 348 Целина Реакц.: 9%
13 / 32 Домат Реакц.: 7%	14 / 27 Тивички Реакц.: 9%	15 / : Лук Реакц.: 6%
16 / 20 Цикория Реакц.: 8%	17 / 254 Айсб, маруля Слаба Реакц.: 11%	18 / 3 Ендивия Реакц.: 8%
19 / 225 Полска салат Силна Реакц.: 25%	20 / 6 Марули Реакц.: 0%	21 / 231 Радичио Реакц.: 7%
22 / 221 Рукола Силна Реакц.: 34%	23 / 16 Спанак Реакц.: 9%	Макс. ст-ст

Панел 2		
Контрола	2 / 19 Карфиол Реакц.: 7%	3 / 2 Брокколи Реакц.: 0%
4 / 21 Китайско зелг Реакц.: 7%	5 / 5 Листно зеле Реакц.: 7%	6 / 34 Алабаш Реакц.: 9%
7 / 35 Крмно зеле Реакц.: 6%	8 / 297 Арт. романес Реакц.: 9%	9 / 13 Брюкселско з Реакц.: 8%
10 / 229 Червено зелг Реакц.: 0%	11 / 17 Бяло зеле Реакц.: 8%	12 / 219 Савойско зелг Реакц.: 7%
13 / 332 Хокайдо тивк Реакц.: 7%	14 / 33 Картоф Реакц.: 6%	15 / 269 Пащърнак Реакц.: 7%
16 / 36 Корен магдан- Реакц.: 10%	17 / 38 Репичка Реакц.: 6%	18 / 31 Червено цвек Реакц.: 8%
19 / 242 Коза брада Реакц.: 7%	20 / 15 Корен целина Реакц.: 9%	21 / 26 Асперки Реакц.: 9%
22 / 234 Сладък картс Реакц.: 7%	23 / 235 Земна ябълке Реакц.: 9%	Макс. ст-ст

Панел 3		
Контрола	2 / 77 Анасон Реакц.: 0%	3 / 241 Ревен Реакц.: 7%
4 / 78 Босилек Реакц.: 8%	5 / 80 Копър Ср. Реакц.: 15%	6 / 149 Мед Ср. Реакц.: 21%
7 / 131 Джинджифил Реакц.: 10%	8 / 152 Кафе Реакц.: 0%	9 / 132 Чесън Реакц.: 9%
10 / 341 Кориандър (п Ср. Реакц.: 15%	11 / 7 Крес Ср. Реакц.: 16%	12 / 133 Кимшон Реакц.: 10%
13 / 25 Хрн Реакц.: 7%	14 / 87 Риган Реакц.: 7%	15 / 12 Магданоз Слаба Реакц.: 11%
16 / 88 Лют пипер Реакц.: 9%	17 / 89 Черен пипер Реакц.: 7%	18 / 90 Розмарин Реакц.: 6%
19 / 91 Салвия Реакц.: 9%	20 / 14 Салатен лук Реакц.: 7%	21 / 92 Машерка Реакц.: 7%
22 / 157 Ванилия Реакц.: 7%	23 / 158 Канела Реакц.: 6%	Макс. ст-ст

Панел 4		
Контрола	2 / 151 Рожков Реакц.: 0%	3 / 42 Баќла Слаба Реакц.: 12%
4 / 44 Зелен боб Реакц.: 7%	5 / 45 Зелен грах Реакц.: 9%	6 / 217 Бр. рожк. ядка Реакц.: 7%
7 / 175 Какао Силна Реакц.: 26%	8 / 46 Нахут Ср. Реакц.: 15%	9 / 287 Боб Мн. силна Реакц.: 42%
10 / 47 Леща Ср. Реакц.: 17%	11 / 328 Дулин протем Реакц.: 9%	12 / 305 Боб, муѓ Слаба Реакц.: 12%
13 / 48 Соя Слаба Реакц.: 13%	14 / 227 Сладък грах Реакц.: 6%	15 / 147 Кашу Ср. Реакц.: 15%
16 / 148 Фъстък Ср. Реакц.: 21%	17 / 121 Лешник Ср. Реакц.: 15%	18 / 109 Кокосов орех Реакц.: 9%
19 / 248 Макадамия, р Реакц.: 9%	20 / 122 Бадем Силна Реакц.: 29%	21 / 37 Кестен Реакц.: 7%
22 / 124 Шам-фъстък Реакц.: 9%	23 / 127 Орех Реакц.: 9%	Макс. ст-ст

DT

Панел 5		
Контрола	2 / 94 Ананас Реакц.: 9%	3 / 95 Ябълка Реакц.: 0%
4 / 96 Кайсия Реакц.: 8%	5 / 97 Банан Реакц.: 7%	6 / 98 Круша Реакц.: 6%
7 / 101 Фурми Реакц.: 6%	8 / 102 Ягода Слаба Реакц.: 11%	9 / 104 Малина Реакц.: 6%
10 / 106 Касис Реакц.: 7%	11 / 107 Череша Реакц.: 7%	12 / 108 Киви Реакц.: 8%
13 / 144 Мандарина Реакц.: 0%	14 / 110 Манго Слаба Реакц.: 12%	15 / 145 Портокал Реакц.: 7%
16 / 146 Помело Реакц.: 6%	17 / 112 Папая Реакц.: 8%	18 / 113 Праскова Реакц.: 9%
19 / 114 Слива Слаба Реакц.: 12%	20 / 117 Диня Ср. Реакц.: 15%	21 / 118 Бяло грозде Реакц.: 7%
22 / 93 Лимон Реакц.: 7%	23 / 120 Меден пъпеш Реакц.: 8%	Макс. ст-ст

Панел 6		
Контрола	2 / 294 Сир. апенцел Ср. Реакц.: 15%	3 / 159 Мътеница Слаба Реакц.: 13%
4 / 160 Камамбер Слаба Реакц.: 13%	5 / 161 Ементал Ср. Реакц.: 14%	6 / 163 Гауда Слаба Реакц.: 13%
7 / 293 Сирене гроет Ср. Реакц.: 19%	8 / 162 Бяло сирене Ср. Реакц.: 17%	9 / 164 Кисело мляко Ср. Реакц.: 14%
10 / 165 Краве мляко Ср. Реакц.: 15%	11 / 166 Моцарела Ср. Реакц.: 14%	12 / 167 Пармезан Ср. Реакц.: 14%
13 / 342 Извара Слаба Реакц.: 11%	14 / 170 Овче сирене Слаба Реакц.: 13%	15 / 169 Топено сирен Слаба Реакц.: 13%
16 / 236 Кобилско мляк Реакц.: 9%	17 / 257 Тилзит Слаба Реакц.: 13%	18 / 171 Козе мляко Ср. Реакц.: 17%
19 / 284 Козе сирене Слаба Реакц.: 12%	20 / 172 Асрелг. Niget Мн. силна Реакц.: 88%	21 / 128 Хлебна мая Силна Реакц.: 36%
22 / 129 Бирена мая Ср. Реакц.: 23%	23 / 137 Гъби Мн. силна Реакц.: 76%	Макс. ст-ст

Панел 7		
Контрола	2 / 54 Патешко Реакц.: 10%	3 / 55 Пиле Реакц.: 10%
4 / 56 Жълтък Ср. Реакц.: 14%	5 / 57 Белтък Реакц.: 10%	6 / 58 Пуйка Силна Реакц.: 34%
7 / 216 Щраус Реакц.: 10%	8 / 51 Агне Ср. Реакц.: 17%	9 / 52 Елен Реакц.: 10%
10 / 53 Говеждо Ср. Реакц.: 19%	11 / 154 Свинско Мн. силна Реакц.: 40%	12 / 274 Диво прасе Ср. Реакц.: 20%
13 / 60 Пъстърва Силна Реакц.: 30%	14 / 61 Едра скарuida Ср. Реакц.: 15%	15 / 63 Херинга Реакц.: 9%
16 / 65 Треска Ср. Реакц.: 17%	17 / 67 Сьомга Ср. Реакц.: 17%	18 / 68 Скумрия Ср. Реакц.: 14%
19 / 69 Миди Силна Реакц.: 26%	20 / 71 Сардина Реакц.: 9%	21 / 73 Морски език Ср. Реакц.: 18%
22 / 74 Риса-тон Ср. Реакц.: 17%	23 / 189 Калмар Реакц.: 7%	Макс. ст-ст

Панел 8		
Контрола	2 / 180 Амарант Реакц.: 7%	3 / 139 Елда Реакц.: 9%
4 / 178 Лимец Реакц.: 9%	5 / 329 Еднозърн. пш Реакц.: 6%	6 / 140 Ечемик Слаба Реакц.: 13%
7 / 191 Неузрял лим Реакц.: 7%	8 / 141 Овес Слаба Реакц.: 11%	9 / 40 Просо Реакц.: 8%
10 / 186 Камут Реакц.: 9%	11 / 179 Киноа Реакц.: 7%	12 / 41 Ориз Реакц.: 8%
13 / 142 Ръж Реакц.: 7%	14 / 143 Пшеница Ср. Реакц.: 15%	15 / 327 Див ориз Реакц.: 7%
16 / 76 Шафраново л Ср. Реакц.: 19%	17 / 309 Семена тиква Реакц.: 9%	18 / 181 Денено семе Реакц.: 9%
19 / 265 Мак Реакц.: 7%	20 / 135 Маслина Реакц.: 7%	21 / 326 Рапица Ср. Реакц.: 21%
22 / 125 Сусам Реакц.: 7%	23 / 126 Слънчогл. сем Реакц.: 9%	Макс. ст-ст

DT

Бобови

Хранителен продукт

Зелен боб
Зелен грах
Лупин протеин
Сладък грах

Домашни птици

Хранителен продукт

Патешко
Пиле
Щраус

Зеленчуци

Хранителен продукт

Авокадо
Алабаш
Артишок
Артишок романеско
Аспержи
Броколи
Брюкселско зеле
Бяло зеле
Домат
Земна ябълка
Картоф
Карфиол
Китайско зеле
Козя брада
Корен магданоз
Корен целина
Краставица
Кръмно зеле
Листно зеле
Листно цвекло
Лук
Лук
Морков
Патладжан
Пащърнак
Репичка
Савойско зеле
Сладък картоф
Спанак
Тиквички
Хокайдо тиква
Царевица
Целина
Червена чушка
Червено зеле
Червено цвекло

Зърнени

Хранителен продукт

Еднозърнеста пшеница
Камут
Лимец
Неузрял лимец
Ръж
Амарант
Див ориз
Елда
Киноа
Ориз
Просо

Масла и семена

Хранителен продукт

Ленено семе
Мак
Маслина
Семена тиква
Слънчогледово семе
Сусам

Месо

Хранителен продукт

Елен

Плодове

Хранителен продукт

Ананас
Банан
Бяло грозде
Кайсия
Касис
Киви
Круша
Лимон
Малина
Мандарина
Папая
Помело
Портокал
Праскова
Пъпеш медена роса
Фурми
Череша
Ябълка

Подправки

Хранителен продукт

Анасон
Ванилия
Джинджифил
Канела

Подправки

Хранителен продукт

Кимион
Лют пипер
Хрян
Черен пипер
Чесън

Пресни билки

Хранителен продукт

Босилек
Мащерка
Ревен
Риган
Розмарин
Салатен лук
Салвия

Разни

Хранителен продукт

Белтък
Брашно от ядка на рожкови
Рожков

Риба и морски дарове

Хранителен продукт

Калмар
Сардина
Херинга

Салата

Хранителен продукт

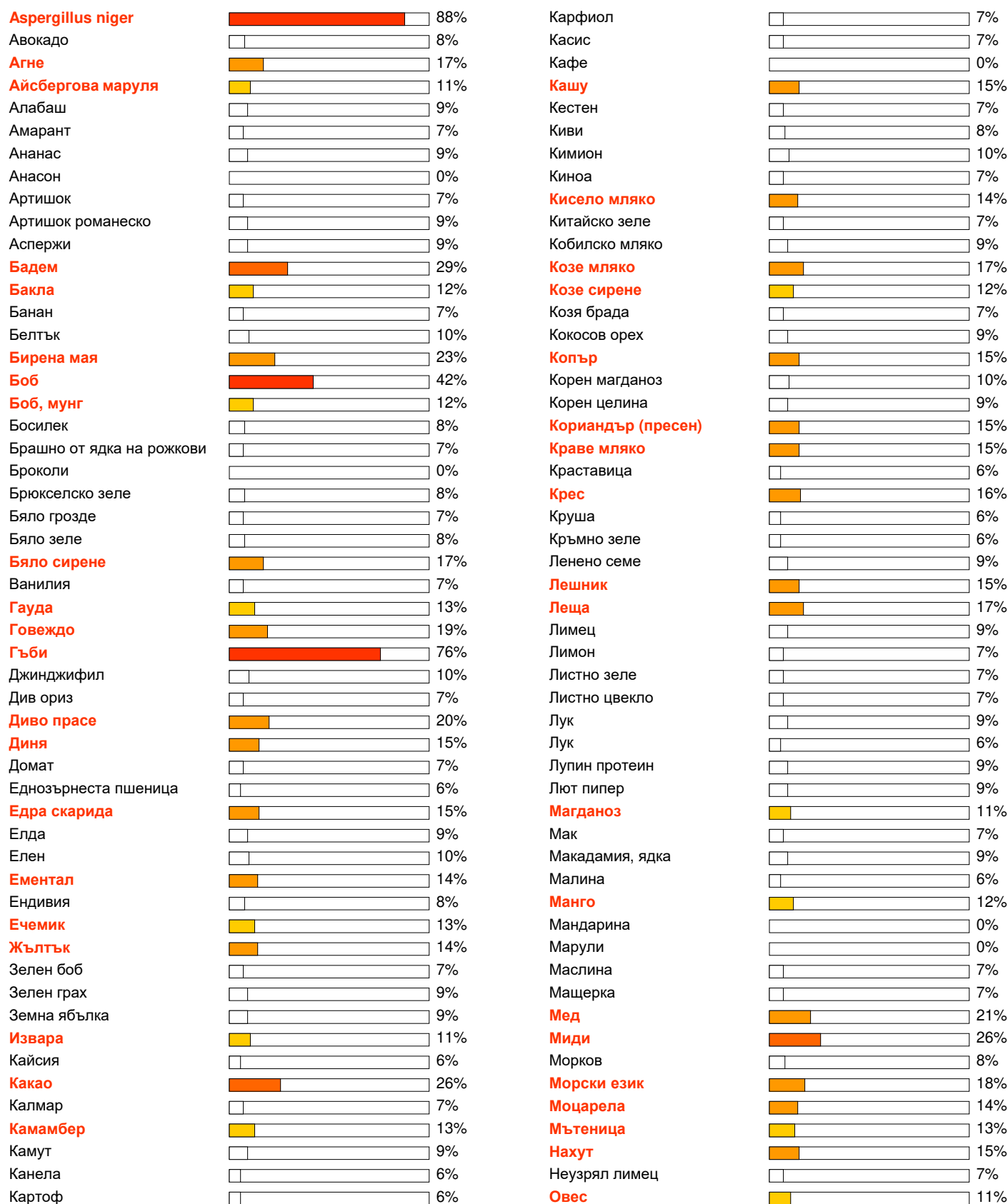
Ендивия
Марули
Радичио
Цикория

Ядки

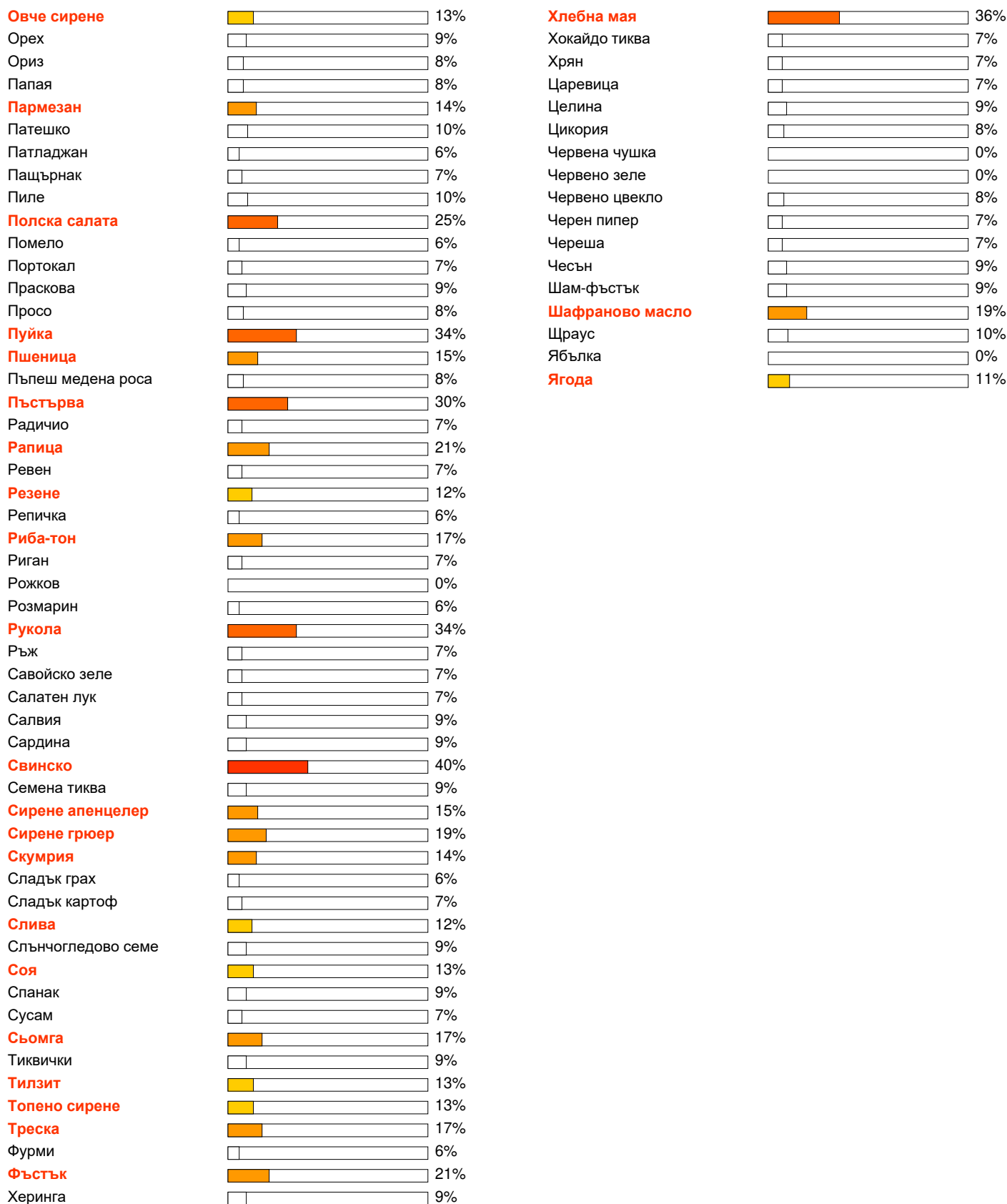
Хранителен продукт

Кестен
Кокосов орех
Макадамия, ядка
Орех
Шам-фъстък

Хранителни продукти, към които сте реагирали с IgG-антитела над стойността на прага, се оцветяват.



Хранителни продукти, към които сте реагирали с IgG-антитела над стойността на прага, се оцветяват.



Хранителни продукти, към които сте реагирали с IgG-антитела над стойността на прага, се оцветяват.

A - група

Бобови

Бакла (Слаба)
Зелен грах
Сладък грах

Боб (Мн.силна)
Леца (Ср.)
Соя (Слаба)

Боб, мунг (Слаба)
Лупин протеин

Зелен боб
Нахут (Ср.)

Зеленчуци

Авокадо
Аспержи
Домат
Китайско зеле
Краставица
Лук
Пащърнак
Сладък картоф
Царевица
Червено цвекло

Алабаш
Броколи
Земна ябълка
Козя брада
Кръмно зеле
Лук
Резене (Слаба)
Спанак
Целина

Артишок
Брюкселско зеле
Картоф
Корен магданоз
Листно зеле
Морков
Репичка
Тиквички
Червена чушка

Артишок романеско
Бяло зеле
Карфиол
Корен целина
Листно цвекло
Патладжан
Савойско зеле
Хокайдо тиква
Червено зеле

Зърнени

Амарант
Ориз

Див ориз
Просо

Елда

Киноа

Масла и семена

Ленено семе
Семена тиква

Мак
Слънчогледово семе

Маслина
Сусам

Рапица (Ср.)
Шафраново масло (Ср.)

Плодове

Ананас
Кайсия
Лимон
Папая
Пъпеш медена роса
Ябълка

Банан
Касис
Малина
Помело
Слива (Слаба)
Ягода (Слаба)

Бяло грозде
Киви
Манго (Слаба)
Портокал
Фурми

Диня (Ср.)
Круша
Мандарина
Праскова
Череша

Пресни билки

Босилек
Магданоз (Слаба)
Розмарин

Копър (Ср.)
Мащерка
Салатен лук

Кориандър (пресен) (Ср.)
Ревен
Салвия

Крес (Ср.)
Риган

Салата

Айсбергова маруля (Слаба)
Радичио

Ендивия
Рукола (Силна)

Марули
Цикория

Полска салата (Силна)

B - група

Домашни птици

Патешко

Пиле

Пуйка (Силна)

Щраус

Зърнени

Еднозърнеста пшеница
Неузрял лимец

Ечемик (Слаба)
Овес (Слаба)

Камут
Пшеница (Ср.)

Лимец
Ръж

Хранителни продукти, към които сте реагирали с IgG-антитела над стойността на прага, се оцветяват.

В - група

Месо Агне (Ср.) Свинско (Мн.силна)	Говеждо (Ср.)	Диво прасе (Ср.)	Елен
Подправки Анасон Кимион Чесън	Ванилия Лют пипер	Джинджифил Хрян	Канела Черен пипер
Разни Белтък Козе мляко (Ср.) Рожков	Брашно от ядка на рожкови Козе сирене (Слаба)	Жълтък (Ср.) Мед (Ср.)	Какао (Силна) Овче сирене (Слаба)
Риба и морски дарове Едра скарида (Ср.) Пъстърва (Силна) Сьомга (Ср.)	Калмар Риба-тон (Ср.) Треска (Ср.)	Миди (Силна) Сардина Херинга	Морски език (Ср.) Скумрия (Ср.)
Ядки Бадем (Силна) Лешник (Ср.)	Кашу (Ср.) Макадамия, ядка	Кестен Орех	Кокосов орех Шам-фъстък

С - група

Мая и гъби Бирена мая (Ср.)	Гъби (Мн.силна)	Хлебна мая (Силна)	
Млечни продукти Бяло сирене (Ср.) Камамбер (Слаба) Моцарела (Ср.) Сирене грюер (Ср.)	Гауда (Слаба) Кисело мляко (Ср.) Мътеница (Слаба) Тилзит (Слаба)	Ементал (Ср.) Кобилско мляко Пармезан (Ср.) Топено сирене (Слаба)	Извара (Слаба) Краве мляко (Ср.) Сирене апенцелер (Ср.)
Разни Кафе	Фъстък (Ср.)		

D - група

Разни Aspergillus niger (Мн.силна)
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Първи ден

Бобови:	Зелен грах, Лупин протеин, Сладък грах
Домашни птици:	Пиле
Зеленчуци:	Авокадо, Алабаш, Китайско зеле, Лук, Патладжан, Сладък картоф, Спанак, Хокайдо тиква, Червена чушка
Зърнени:	Амарант, Див ориз, Камут, Лимец
Масла и семена:	Ленено семе, Семена тиква
Плодове:	Кайсия, Круша, Лимон, Праскова, Череша, Ябълка
Подправки:	Ванилия, Хрян, Чесън
Пресни билки:	Босилек, Мащерка, Ревен, Риган, Розмарин, Салвия
Риба и морски дарове:	Калмар
Салата:	Ендивия
Ядки:	Кестен, Шам-фъстък

Втори ден

Бобови:	Зелен боб
Домашни птици:	Патешко
Зеленчуци:	Артишок, Аспержи, Броколи, Земна ябълка, Корен магданоз, Кръмно зеле, Листно цвекло, Тиквички, Царевица, Червено зеле, Червено цвекло
Зърнени:	Еднозърн. пшен., Просо
Масла и семена:	Сусам
Плодове:	Ананас, Банан, Касис, Портокал
Подправки:	Канела, Черен пипер
Разни:	Бр. рожк. ядка, Рожков
Салата:	Цикория

Трети ден

Бобови:	Лупин протеин
Зеленчуци:	Арт. романеско, Домат, Картоф, Козя брада, Корен целина, Лук, Пащърнак, Целина
Зърнени:	Киноа, Ръж
Масла и семена:	Мак, Слънчогл. семе
Месо:	Елен
Плодове:	Бяло грозде, Меден пъпеш, Помело, Фурми
Подправки:	Лют пипер
Пресни билки:	Салатен лук
Салата:	Марули
Ядки:	Кокосов орех, Макадамия, ядка

Четвърти ден

Зеленчуци:	Авокадо, Брюкселско зеле, Бяло зеле, Карфиол, Краставица, Листно зеле, Морков, Репичка, Савойско зеле
Зърнени:	Елда, Неузрял лимец, Ориз
Масла и семена:	Маслина
Плодове:	Киви, Малина, Мандарина, Папая
Подправки:	Анасон, Джинджифил, Кимион
Салата:	Радичио
Ядки:	Орех

Пети ден

Бобови:	Зелен грах, Лупин протеин, Сладък грах
Домашни птици:	Пиле
Зеленчуци:	Алабаш, Китайско зеле, Лук, Патладжан, Сладък картоф, Спанак, Хокайдо тиква, Червена чушка
Зърнени:	Амарант, Див ориз, Камут, Лимец
Масла и семена:	Семена тиква
Плодове:	Кайсия, Круша, Лимон, Праскова, Череша, Ябълка
Подправки:	Хрян, Чесън
Пресни билки:	Босилек, Мащерка, Ревен, Риган, Розмарин, Салвия
Риба и морски дарове:	Сардина, Херинга
Салата:	Ендивия
Ядки:	Кестен, Шам-фъстък

Шести ден

Бобови:	Зелен боб
Домашни птици:	Патешко
Зеленчуци:	Артишок, Аспержи, Броколи, Земна ябълка, Корен магданоз, Кръмно зеле, Листно цвекло, Тиквички, Царевича, Червено зеле, Червено цвекло
Зърнени:	Еднозърн. пшен., Просо
Масла и семена:	Ленено семе, Сусам
Плодове:	Ананас, Банан, Касис, Портокал
Подправки:	Ванилия, Канела, Черен пипер
Разни:	Бр. рожк. ядка, Рожков
Салата:	Цикория

Седми ден

Бобови:	Лупин протеин
Зеленчуци:	Авокадо, Арт. романеско, Домат, Картоф, Козя брада, Корен целина, Лук, Пащърнак
Зърнени:	Киноа, Ръж
Масла и семена:	Мак, Слънчогл. семе
Плодове:	Бяло грозде, Помело, Фурми
Подправки:	Лют пипер
Пресни билки:	Салатен лук
Салата:	Марули
Ядки:	Кокосов орех, Макадамия, ядка

Осми ден

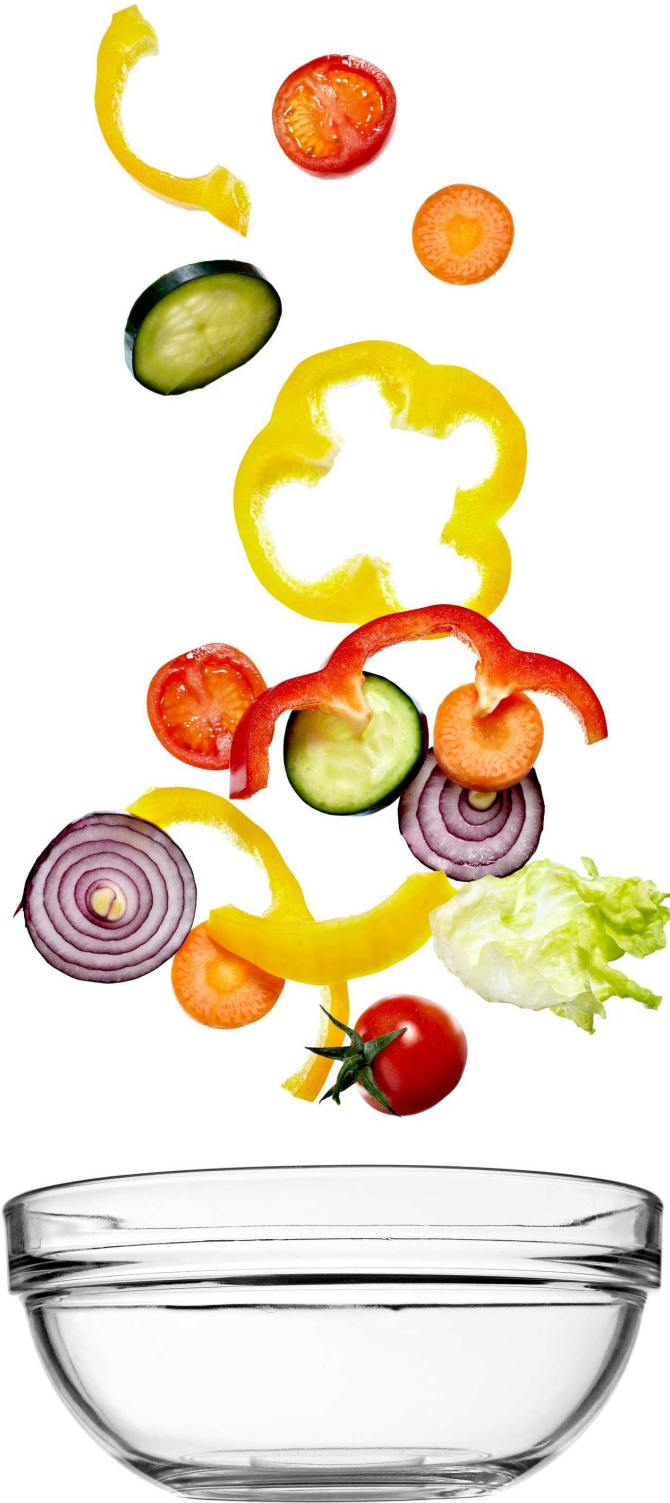
Зеленчуци:	Брюкселско зеле, Бяло зеле, Карфиол, Краставица, Листно зеле, Морков, Репичка, Савойско зеле, Целина
Зърнени:	Елда, Неузрял лимец, Ориз
Масла и семена:	Маслина
Месо:	Елен
Плодове:	Киви, Малина, Мандарина, Меден пъпеш, Папая
Подправки:	Анасон, Джинджифил, Кимион
Салата:	Радичио
Ядки:	Орех

Хранителни продукти, при които не могат да бъдат установени IgG-антитела във вашата кръв, съотв. техните реакции са били под стойността на прага

Авокадо	Алабаш	Амарант	Ананас	Анасон
Артишок	Артишок романеско	Аспержи	Банан	Белтък
Босилек	Брашно от ядка на рожкови	Броколи	Брюкселско зеле	Бяло грозде
Бяло зеле	Ванилия	Джинджифил	Див ориз	Домат
Еднозърнеста пшеница	Елда	Елен	Ендивия	Зелен боб
Зелен грах	Земна ябълка	Кайсия	Калмар	Камут
Канела	Картоф	Карфиол	Касис	Кафе
Кестен	Киви	Кимион	Киноа	Китайско зеле
Кобилско мляко	Козя брада	Кокосов орех	Корен магданоз	Корен целина
Краставица	Круша	Кръмно зеле	Ленено семе	Лимец
Лимон	Листно зеле	Листно цвекло	Лук	Лук
Лупин протеин	Лют пипер	Мак	Макадамия, ядка	Малина
Мандарина	Марули	Маслина	Мащерка	Морков
Неузрял лимец	Орех	Ориз	Папая	Патешко
Патладжан	Пащърнак	Пиле	Помело	Портокал
Праскова	Просо	Пъпеш медена роса	Радичио	Ревен
Репичка	Риган	Рожков	Розмарин	Ръж
Савойско зеле	Салатен лук	Салвия	Сардина	Семена тиква
Сладък грах	Сладък картоф	Слънчогледово семе	Спанак	Сусам
Тиквички	Фурми	Херинга	Хокайдо тиква	Хрян
Царевица	Целина	Цикория	Червена чушка	Червено зеле
Червено цвекло	Черен пипер	Череша	Чесън	Шам-фъстък
Щраус	Ябълка			

Хранителни продукти, към които сте реагирали с IgG-антитела над стойността на прага

Aspergillus niger	Агне	Айсбергова маруля	Бадем	Бакла
Бирена мая	Боб	Боб, мунг	Бяло сирене	Гауда
Говеждо	Гъби	Диво прасе	Диня	Едра скарида
Ементал	Ечемик	Жълтък	Извара	Какао
Камамбер	Кашу	Кисело мляко	Козе мляко	Козе сирене
Копър	Кориандър (пресен)	Краве мляко	Крес	Лешник
Леща	Магданоз	Манго	Мед	Миди
Морски език	Моцарела	Мътеница	Нахут	Овес
Овче сирене	Пармезан	Полска салата	Пуйка	Пшеница
Пъстърва	Рапица	Резене	Риба-тон	Рукола
Свинско	Сирене апенцелер	Сирене грюер	Скумрия	Слива
Соя	Сьомга	Тилзит	Топено сирене	Треска
Фъстък	Хлебна мая	Шафраново масло	Ягода	



Recipe proposals

The nutritional recommendations in this brochure are based on your test result and your health history form. The test does not detect IgE allergic reactions. The recipes in this brochure consider and include the allergens (Type IgE) that you have conveyed in your health history form.

Buckwheat Grits

100 g buckwheat
220 ml water
1 pinch of sea salt

Grind coarsely. Bring to a boil and slowly add buckwheat while stirring strongly. Season with and let simmer for 10 minutes. Steamed apples, apricots or cooked leeks and carrots go well with this dish.

Buckwheat Waffles

Makes 3 - 4 Waffles.

In a bowl, mix

150 g buckwheat flour,
1 ½ TBSP rice flour,
1 TBSP cream of tartar,
1 pinch of sea salt,
1 ½ TBSP oil
230 ml bubbly water

with into a smooth dough.

Heat and grease the waffle iron. Place one ladle of dough into the hot iron and bake until no more steam rises up from the iron, about 5-7 min.

This waffle is tasty with apple sauce, berry compote or carob spread. The dough keeps in the refrigerator in a tupper with lid for up to 5 days.

Corn Grits with fresh herbs and Olive Oil

Cook

a bunch of Polenta
some fresh herbs
olive oil

(Corn-Grits) according to instructions. Add of the season and that you like, add and mix well.

Fruit Salad with Coconut Sauce

Cut seasonal fruit into bite size pieces.

Pluck some peppermint leaves into the salad.

Mix

1 Banana
1 Lemon
6 Tablespoons Coconutmilk

use the juice only from the can in a mixer, pour over the prepared fruit and enjoy!

Heaven and Earth

750 g	potatos	peal and dice.
750 g	apples	peal, core and dice.
		Cook potatos in water for 10 minutes. Add apples and cook 20 min more.
2 large	onions	peal, dice and sear in
3 TBLSP	Oil	until golden brown.
		Mash the potato-apple-mixture with some salt. Place the seared onions on top and serve hot.

Papaya

		Halve
1	papaya.	Spoon out the seeds and cut the fruit into stripes. Trickle the juice of
1/2	lemon	over it and enjoy for breakfast.

Polenta for Breakfast

		Bring
0,5 l	water	to a boil and scatter
130 g	polenta	into the water stirring with a whisk. Lower the heat. Stir in
10 g	butter.	Season with
some	salt.	Slice
1 big	tomato,	place on a plate and garnish with
3 leaves	basil.	Serve together with polenta.

Potato Waffle with Onions

		Makes 2-3 waffles.
		Peel and grate
3	potatoes	and
1	onion.	Add
2 TBSP	buckwheat flour.	Mix well and bake in the waffle iron for 6-8 min until no more steam rises up from the iron.
		This waffle tastes very good with apple sauce.

Quinoa-Millet Waffle with Eggplant Spread

		Cook
200 g	quinoa	in
400 ml	water	for 20 min until done.
		Add
200 g	millet flakes,	
200 g	millet flour	and
1 pinch of	salt.	Mix well. Add
600 ml	water,	until the dough is thick, but not lumpy anymore.
		Bake waffles in iron 8 to 10 minutes, until no more steam rises up from the waffle iron.
		Peel and dice
2	onions,	simmer in a pan with
2 TBSP	oil	until glazed. Dice
1 small	eggplant.	Dice
1	red bell pepper.	Add eggplant and bell pepper to the glazed onions.
		Stir-fry for 10-12 minutes and place in a blender.
		Roast
2 TBSP	sunflower seeds	in a pan without oil, stirring constantly till golden brown and fragrant.
		Add the seeds plus
50 g	sun dried	to the blender.
	tomatoes in oil	
		Puree the ingredients into a smooth paste. Eventually add
some	water	if the spread is too dry or too thick.
		Spread Eggplant paste on warm waffle and enjoy!

Rice waffle with Tomato, Onion and Sardine

		Buy or make rice waffles.
		Cut
1	tomato	into slices and
1	onion	into slices. Place
	a sardine	together with the tomato and onion onto the rice waffle. Enjoy!

Rye-Spelt-Amaranth-Bread

Heat the oven to 200°C

Mix

200 g rye flour,
200 g spelt flour,
150g amaranth, (popped),
6 TSP cream of tartar
baking powder,
2 TSP salt and
1 TSP caraway. Stir in
600 ml mineral water and let sit for 30 minutes. Then fill into a bread baking pan and bake for 60 minutes.

Spelt Waffles

Makes 6 to 8 waffles.

Mix the dry ingredients:

200 g spelt flour
2 TBLS cream of tartar and
1 pinch of salt.

Add

400 ml sparkling water and stirr until dough is smooth. Let dough sit for two hours or over night in the refrigerator. Oil waffle iron. Let waffle bake 3 to 5 minutes, until no more steam arises from the waffle iron.

If you open the iron too early, the waffle will tear apart and it will be very difficult to get the pieces out of the waffle iron.

It pays off to be patient. Only open the iron when there is no more steam rising from the waffle iron. Use a wooden skewer to help remove the waffle.

Vegetable Waffles

1 zucchini
1 carrot.

1 onion.
1 cup riceflour,
1 cup riceflakes,
1 pinch sea salt
1,5 cups water.

Grate fine the following ingredients:
and

Dice
Mix the vegetables with

and
Add a little more water, if dough is too thick and dry.

Mix ingredients into a firm dough and bake in oiled waffle iron for 7 to 10 minutes, until no steam rises from the iron.

Do not open the waffle iron too early, then the waffle will tear apart and it will be a mess to get the pieces out of the iron.

Using a wooden skewer, is helpful and does not damage the waffle iron, as a knife or fork would.

Patience will pay off!

Yeast free Buns

300 ml warm water
500 g spelt flour
6 TSP cream of tartar
1 pinch of sea salt.

80 ml oil

20 g melted butter

Preheat the oven to 175 ° C.

Pour
into a bowl and add

and

plus

Mix all ingredients into the warm water to make a smooth dough
kneading

into the dough.

Grease a muffin pan, fill in the dough, bake the buns in the middle of the oven at 175 ° for 20 minutes.

Paint the buns with

and bake for further 5 minutes.

Before putting the buns in the oven, its possible to sprinkle them with poppy seeds, sesame seeds, sunflower seeds, pumpkin seeds or seeds of your liking.

Baby Spinach Salad

		Wash and dry
250 g	baby spinach.	Clean and dice
1	bell pepper.	Dice
1/2	avocado	and mix the ingredients in a bowl with
some	pumpkinseed oil	and
some	gomasio (Sesame Salt)	. Eat right away.

Caraway-Potatoes

		Cook, peel and slice
600 g	potatoes	and arrange them in an oily casserole dish. Spread
1 TSP	salt,	
2 TSP	caraway	and
1 glove of	garlic	chopped finely over the potatoes. Pour
some	oil	over the potatoes au gratin and bake in the oven at 250°C for 10 minutes.

Celery Root Salad with Carrots

		Peel and grate
3	carrots	and
1	celery root.	Mix
5 TBS	oil	with
3 TBS	lemon juice.	Fold the raspers in the sauce and season to taste with
	salt.	Decorate with fresh herbs.

Colorful Potato Pan

Feeds four.
Wash, cook and peel

1 kg of small	potatoes.	Wash and cut
1	red bell pepper	
1	yellow bell pepper	and
1	green bell pepper	into cubes.
4 TBS	olive oil	Stir-fry the bell pepper cubes in
50 ml	water	for 5 min. Now add
		and simmer for another 5 min.
	potatoes.	Now add the small, whole, peeled
1 pinch of	sea salt,	Season with
1/2 TSP	thyme,	
1/2 TSP	oregano	dazu geben, unterheben, weitere 5 Min zugedeckt dünsten.
1 pinch of	cayenne pepper.	Stir well and simmer for another 5 min. Serve hot or cold as a salad.

Corn-Pizza

Heat the oven to 200°C.

600 ml	water	Bring
150 g	corn grits	to a boil and add
1 pinch of	salt	while stirring constantly. Add
20 g	butter.	and
		Cook for 10 minutes and then spread the mass onto an oily baking tray, about 2 cm thick.
		For the sauce:
1	onion	Sear
2 TBS	oil.	in
1 glas of	tomato paste	Add
	salt	and season to taste with
	oregano.	and
	vegetables	Spread the tomato sauce on the polenta mass. As a topping use
		roasted or seared
		of your choice.
		Bake in the oven for 20 minutes

Fried Mashed Potatoes

150 g	potatoes	Peel and grate
25 g	rye bruised grain	raw. Mix with
some	salt	and set aside for a while. Season with
	oil	and fry in hot
		from both sides.

Lettuce with Corn and Peas

		Wash ,drain and pluck
1	lettuce.	Mix with
200 g	corn	(cooked or froozen) and
200 g	peas	(cooked or froozen). Make a dressing out of
1-2 TSP	lemon juice	and
2-3 TSP	oil.	Season to taste with
	salt.	

Millet with Green Beans and Bell Peppers

		Feeds four.
		Cook
1 cup	millet	in
2 cups	water	and
1 pinch of	sea salt	for 15 to 20 min, until done.
		Clean and cut
500 g	green beans	into bite sized pieces. Then cook them in salt water for 10 min until almost done. Set aside in a sieve to drip dry.
		Peel and dice
2	onions	and
2 cloves of	garlic.	Clean and cut
2	red bell peppers.	Fry the onions and the garlic in
4 TBSP	olive oil	for 1 min. Add the bell peppers and stir fry for 5-7 min. Add the green beans, stir fry for another 3 min.
		Mix the cooked millet with the stir fryed vegetables and enjoy warm or cold as a salad. Add some olive oil, if it is too dry.

Potatoes in a Jacket

		Cook
500 g small	potatoes	and peel. Just before serving bake potatoes in
plenty of	oil	
and some	salt	from all sides until golden-brown.

Red Beet and Horseradish

Feeds one.

Peel and grate

1	red beet.	Mix with
1 TBS	oil	and
1 TBS	horseradish	(freshly grated) season with
1 pinch of	salt.	

Rice Pan

Feeds two.

Cook

200 g	brown rice	in
400 ml	water	until soft. Cut
1	onion	and
1 rod	leek	and fry in
2 TBSP	oil	until golden-brown and fragrant. Add
1	carrot,	cubed, and
1	zucchini	that you have cut into small pieces and add to the onions and leek in
		the pan. Continue to stir fry with until veggies are done.
		Mix the vegetable with rice and season to taste with
	salt.	

Rice Waffle with Roasted Onions

Makes four to five waffles.

Peel and dice

1	big onion	finely and roast with
some	butter	and
	salt	in a pan until golden-brown. Mix
1 cup	rice flakes	and
1 cup	rice flour	with the roasted
	onions.	Add
1,5 - 2 cups	bubbly water	until a thick dough forms. Steep for at least 1 hour, better over night.
		Bake the waffles in a waffle iron for 5-7 minutes until no more steam
		arises from the iron and it is easy to open. Use a wooden skewer as an
		opening support and to remove the waffle from the iron.

Rice with Carrots

Feeds two.

Cook

200 g whole grain rice in
400 ml water with
1 pinch of sea salt for about 30 min, until done.

Wash, peel and dice

300 g carrots. Wash, peel and dice
2 rods celery stalk. Stir fry the vegetables in
3 TBSP oil and

1 pinch of sea salt for 10 min, until done. Add a little water if needed.

Mix the veggies with the rice and enjoy warm or cold with some fish or legumes.

White Cabbage Salad

Wash, grate and knead

250 g white cabbage for 3-4 min. Peel and dice

1 onion mix and knead with the cabbage for another 3-4 min. This kneading will make the vegetables tender and soft. Dice

1 bell pepper and mix all ingredients together. Make a spicy sauce out of

2 TBS lemonjuice

3 TBS oil

1 pinch of pepper,

1 pinch of sea salt and

1 pinch of caraway. Mix into the salad and spread

2 TBS chives to garnish.

Baked Bell Peppers

Feeds one.

Wash and quarter

2 bell peppers. Remove the seeds and baske with
 1 TBSP oil and
 1 pinch of herb salt. Bake in the pre heated oven at 180° C for 40 min or until done.

Baked Onions

This dish is suited for a party or to bring to a dinner as an appetizer.

Fill a casserole dish with small, whole, peeled

onions.

Prepare a sauce with

100 ml oil,
 10 sun dried tomatoes,
 1 TBSP rosemary and
 1 TSP sea salt.

Cut the sun dried tomatoes with some scissors into very thin stripes and mix with the other ingredients for the sauce.

Pour the sauce over the onions and cover with a lid or with aluminum foil. Bake in the preheated oven at 180°C for 30 min.

Remove the lid or the foil and bake another 30 to 45 min, until done.

The onions are done when they are soft in the middle and crispy on the outside.

Baked Red Beets

Feeds two.

Preheat the oven to 200° C.

Cook

in leicht gesalzenem Wasser aufkochen und 30 Minuten köcheln lassen.

Aus dem Wasser nehmen und mit kaltem Wasser abschrecken. Die Haut abziehen (am Besten mit Gummihandschuhen, damit die Hände nicht rot gefärbt warden), und die Knollen waschen. Die Rote Beete grob würfeln und mit

8 large red beets in salt water for 30 min until done. Remove from the water, place under cold running water and peel with rubber gloves.

Dice the red beets into large pieces and place in a casserole dish. Mix with

4 TBSP olive oil,
 2 cloves of garlic, crushed
 4 TBSP lemon juice and
 100 g pumpkin seeds. Season with
 1 pinch of sea salt and bake in the oven for 25 min at 200°C.

Braised Cucumbers

Peel, seed and cut into bite sized pieces. Heat in a pot. Add cucumbers and braise for 15-20 minutes until pieces are soft. Season to taste with

1	cucumber	
some	butter	
	salt.	

Fried Cabbage with Caraway

Feeds two.
Quarter and cut out the stalk. Cut the cabbage into thin slices. Heat and in a pan. Stir fry the cut in the oil for 15-20 min. Always adding just before the cabbage scorches. Season with

1	white cabbage	
2 TBSP	oil	
2 TBSP	caraway	
	cabbage	
1 sip of	water,	
1/2 -1 TSP	sea salt.	

Kohlrabi Vegetables

Peel and cut into eight pieces. Cook in some water until tender. Season to taste with

2	kohlrabi	
	salt.	

Pumkin-Potato-Soup

Feeds four.
Chop and finely and sear in with Cast with Dice and with peel. Peel and dice and cut Add vegetables into the pan, stir fry for 2-3 min and fill up with covering the vegetables. Cook on medium heat and season to taste with

3 cloves of	garlic	
2 cm fresh	ginger	
3 TBSP	oil	
1 pinch of	salt.	
50 ml	water.	
30 g air dried	tomatoes	
1 small	hokkaido-pumkin	
200 g	sweet potatoes	
200 g	carrots.	
	water	
	salt.	

Pumpkin Vegetable

Feeds four.

Wash, seed and cut

1 kg hokkaido pumpkin into bite sized pieces. Peel and cut

2 large onions

into thin slices. Heat

4 TBSP oil

in a pan. Add and fry onions until glazed. Add the pumpkin and stir fry for 3 min. Add

8 TBS

water

and cook with closed lid for 15 minutes until tender, stirring occasionally. Season to taste with

salt.

Roasted Tomatoes

Good party finger food or to heat up the house on a cool autumn day.

Preheat the oven to 120°C.

Halve

1 kg tomatoes.

Place next to each other, face down, on a greased baking tray. Season with

sea salt

and bake / let dry in the oven for 4 - 5 hours. The tomatoes will shrink, shrivel up and become darker in color.

1 pinch of black pepper
olive oil

Remove from the oven and spice with

and sprinkle some

over the tomatoes. Serve hot or cold.

Seared Green Asparagus with Sesame Seeds

Feeds two.

Heat up a wok or a pan. Add

1 TSP sesame seeds

and roast while stirring on high heat for 1-2 min. until golden-yellow.

Fill into a bowl and set aside. Wash and cut

750 g green asparagus

into 5 cm long pieces. Chop

1 glove of garlic

finely. Grate

1 TSP ginger.

Heat up

2 TBSP

oil

in a wok. Add all ingredients besides sesame seeds and stir-fry on high heat for 3 minutes until tender. Spread

1/2 TSP black pepper

over it. Cook for 1 more minute on high heat. Then trickle

2 TSP roasted sesame
oil

and spread sesame seeds over asparagus.

Sweet Vegetable Mash

For 2-3 servings

Wash, peel and dice

3-4 Carrots
2-4 Kohlrabi and
1 Sweet Potato

In a pot with boiling water add Kohlrabi. 3 minutes later add Carrots and Sweet Potato pieces.

Cook veggies until tender, about 15-20 minutes.

Pour off water but keep at vegetable broth.

Now season the vegetables with

50 g Butter and some of the vegetable broth, mix and mush into a good mashed vegetable dish.

Serve hot.

Very tasty with Brussle Sprouts, Sauerkraut, cooked leek or Spinach.

Tomato Soup with Basil Pepper

Quarter and remove stalks of

6 big tomatos. Peel and dice

2 onions. Fry onions in some oil for 2-3 min add tomatoes for another 2-3 min.

Now pour

750 ml water or vegetable stock (yeast-free) or chicken broth onto the vegetables and let simmer for 20 minutes. Pass through a strainer. Season with

1 pinch of salt,
1 pinch of black ground pepper and

several leaves of fresh basil.

Tomato Soup with Thyme

Wash, dice and remove stalks of

500 g tomatoes. Peel and dice

2 onions. Stir-fry onions and tomatoes in

1 TBS oil for 10 minutes. Pass through a strainer. Boil and add tomato puree. Season to taste with

250 ml water salt,
thyme and

1 TBS tomato paste. Garnish wit freshly chopped basil.

Zucchini Vegetable

1 glove of
3 TBS
2 TSP
3
garlic
oil
salt.
zucchini

Peel and smash
and fry in
and
Slice
into fine pieces and add to the garlic and stir-fry for another 3 min.
Cover the pan and simmer the vegetables for 10 min or until done.

Apple filled Potato

		Feeds three as a snack. Preheat the oven to 170° C. Wash and halve
6 large	potatoes	lengthwise. Bake in the oven for 35 min. Remove from the oven and let them cool off. Prepare the filling: Peel and dice
3	apples	and
3	onions	into small pieces. Heat
3 TBSP	butter	and
2 TBSP	water	in a pan and simmer the apples and onions in the butter until glazed, for about 7-10 min. Hollow out the potatoes and mix this with the filling while it is cooking. After 15 min fill the filling into the potato halves. Place
	butter flakes	onto the filled potatoes and bake at 170°C for another 10-15 min. This dish tastes well on cold days as an afternoon snack.

Apricot Candy

		Use dried, unsulfured apricots. Soak
200 g	dried apricots	for 2 to 3 hours in hot water. Pour off the water and squeeze in a clean cloth. Place the soaked apricots in a very strong blender and blend for 2 min. Add
100 g	coconut flakes	blend together for another 3-5 min, until smooth paste. Place the apricot-coconut paste into a bowl into the refrigerator for 30 min. Add
100 g	very fine coconutflakes	and knead to a smooth dogh. Shape or roll little balls with moist hands. Place in box to be kept in refrigerator. Enjoy!

Baked Carrots

		For one. Wash and clean
4	carrots.	Place them on the baking tray and baste with a mixture of
1 TBSP	oil	and
	herb salt.	Bake in the pre heated oven at 180° C for 40 min or until done. If you want them to look and taste like french fries, turn up the heat for the last 7 min.

Beautiful Mary

		Cut
1	pear	and peel and cut
125 g	parsnip	into small pieces. Peel and dice
15 g	ginger.	
		Juice the parsnip, the ginger and then the pear. Pour into a high glass and fill up with
125 ml	water	(with bubbles), maybe add one or two ice cubes.
		It is a delicious "Cooler" which is a pure power dispenser.

Coconut-Banana-Cookies

		Preheat oven to 160° Celcius, circulating air.
		Lightly and carefully roast
200 g	grated coconut	until golden, about 5 minutes.
		Mash
2 ripe	bananas	with a fork.
		In a bowl mix the 2 ingredients.
		Spread the mixture in small piles on a baking sheet with baking paper and bake for 20 minutes in the oven.
		Let cool on rack.
		When they come out of the oven they are still very soft and fragile.
		When cooled they store well in a glass or tin can in the refrigerator.

Grilled Peaches

		This is a fine dessert in the summer for a grill party.
		Per person use one peach.
		Cut a cross into
a peach		on the top side and place the peach with the cross looking up onto a square piece of aluminum foil.
		Sprinkle some
butter flakes		onto the peach - into the cuts. Close the foil loosely and place onto the grill or the grate of an oven.
		If using the oven, bake at 200°C. On the grill, the peaches take about 15 min, if the coals are still hot.

La La Verde

Juice

2 big apples,
1 celery stalk,
1/2 lemon
1 kiwi.
1 small avocado

with the peel and
Mix the juice with

in a blender for 20 seconds. This is a very refreshing smoothie. Before serving garnish with kiwi slices.

Lemapca-Juice

Use a high-grade juicer. Juice

2-3 carrots
1 apple
1/4 lemon

with peel

This is a very tasty and filling juice with much Vit. C, since there are lots of bioflavonoides in the lemon peel.

Millet-Sesame Cookies

Makes 10 to 12 cookies.

Preheat the oven to 170°C.

Soak

100 g millet flakes

for two hours in water. Cast away the water.

In a pan, roast

100 g sesame

without oil. In a blender, mix the roasted sesame with the soaked flakes until you have a thick mass.

Heat

50 g butter,
3 TBSP rice milk
4 TBSP maple sirup.

and

Add to the dough and mix well.

Grease a baking tray. With two teaspoons, make little dough portions and place them on the greased tray. Bake the cookies for 15 to 20 min.

These yummy little cookies are quickly prepared and are an ideal snack. They contain lots of calcium.

Popcorn with Salt

Pour

4 TBS oil
1/2 TSP salt
5 TBS popcorn corn.

and add

into a big pot with lid. Cover the bottom with

Put lid on pot and let the corn pop at medium to high heat.

Important: Leave the lid on the pot until it is quiet otherwise the popcorn will fly through the whole kitchen.

Popped Buckwheat

Popped buckwheat is like pop corn. It can be eaten as a snack, sweet or salty or can be used as cereal.

Use a large pot and cover the bottom of it with

3 TBLS oil.
buckwheat.

Heat the pot and cover the bottom of it with

Place the lid on pot and let the buckwheat pop, while shaking the pot to avoid burning the buckwheat.

This popped buckwheat can be eaten with rice- or oat- drink as cereal or used in muesli.

Red Hot Smoothie

Juice

300 g tomatoes,
100 g celery root
2 cm ginger,
1 clove of garlic,
1 cm horse radish
175 g carrots.
3 ice cubes

(peeled),

and

Place

into a tall glas, pour in the smoothie and enjoy.

Tex-Mex-Salad

Peal and crush

with

1 clove of garlic
4 TBSP olive oil
2 TBSP lemon juice
1/2 TSP salt
some pepper.

and

Mix well and set the marinade aside.

Remove seeds from

1 red bell pepper and cut into strips. Peal and remove seed of

1 avocado, cut into cubes. Add

1 glas of sweet corn and mix the ingredients with the marinade.

Serve with black beans, chili con carne or corn tacos.

Vegan Minced Meat in Chicory Boats

Good finger food for a party or as an appetizer.

Roast

2 handfuls of pumpkin seeds in a pan without oil.

Peel and dice (very small pieces)

1 clove of garlic. Peel and dice (very small pieces)

3 cm ginger. Stir fry garlic and ginger in a pan in

8 TBSP oil. Set aside.

In a strong blender with rotating knife, mix

1 scoop of cooked wild rice (black) with

6 dried tomatoes. Cut these into smaller pieces with a scissors before placing them in the blender.

Add the stir fried garlic, ginger and oil.

The consistency will be like minced meat. Fill the mass into

chicory leaves and arrange on a plate.

The "minced meat" has a similar consistency as fried minced meat and can be used with a tomato sauce for "Bolognese-Sauce".

Avocado Cream

1 avocado.
1/2 lemon
1 pinch of salt.

Cut open and remove the seed of
Spoon the avocado out of the shell. Mix it with the juice of
and
With a fork mash the mixture to a delicious cream.
Good on waffles, as a dip for veggie sticks and with salad.

Avocado Salad Dressing

1 avocado
1 cucumber
3 TBS lemon juice
some water.
salt

Cut and peel
then remove the seed. Place avocado into a mixer together with
(wash or peel cucumber).
Add
and puree with
Use
to season.
This is a wonderful, filling salad dressing.

Carob-Zucchini-Muffins

150 g zucchini
250 g spelt flour
2 TBS carob powder
1 TSP cinnamon
1 pinch of sea salt
1 TSP baking soda
2 TBS creme of tartar.

Grate
and mix together with

190 g raw sugar
250 ml rice milk
2 TBS lemon juice
80 ml sun flower oil.

In a second bowl mix together

100 g raspberries

freshly squeezed
When these ingredients are well mixed, add to first bowl and stir
shortly with a large spoon.
Add
fresh or frozen, folding them under the dough.
Grease muffin tin, distribute the dough evenly. Bake in preheated oven
at 190° C for 25 min. Take from oven, let cool.
Enjoy! with raspberry sorbet.

Eggplant Dip

		Wash
4	eggplants	dry and prik with a fork once around the fruit. Bake in a casarole dish in the oven at 180° Celcius für up to 1 hour, until done. Let cool for 10 min, cut open and spoon out the pulp, placing it into a mixer.
		Fry
4 -7	garlic cloves	in oil and add to mixer. While blending add the juice of
1	lemon	and
20 ml	olive oil	Season with
	salt.	Enjoy as a dip with sliced vegetables, corn chips or waffles.

Glazed Animal Faces

Makes 12 - 14 cookies.

In a bowl, quickly mix

600 g	buckwheat flour,	
300 g	soft butter,	
50 ml	maple sirup,	
150 ml	water	and
1 pinch of	sea salt	to a smooth dough-ball. Wrap the ball into plastic wrap and set into the refrigerator for 1 hour.
		Line a baking tray with parchment paper. Flour (with buckwheat flour) the work space. Choose the cookie cutters. Heat the oven to 175°C.
		Split the dough-ball into 4 equal parts. Roll one part into a 4 mm thick slice on the floured work space.
		Cut out cookies and place them on the parchment paper. Roll the left over dough into a new ball, and make more cookies. Bake for 10 min at 175°C.
		Open the oven door and leave the cookies in the hot oven to cool off.
		Strain
200 g	apricot jam	through a sieve. Heat it up a little and coat the cookies with the jam. Let them cool off and enjoy.

Gomasio - Sesame Salt

Stock up on this tasty sesame salt and use for seasoning vegetables or rice dishes.

In a pan, roast

200 g	sesame seeds	and
25 g	sea salt	until the sesame seeds change in color and become fragrant. In a small mill, grind the sesame-salt mixture and store Gomasio in a air thight jar. Use as a special seasoning.

Minced Meat for Tomato Sauce

		Roast
150 gr	pumpkin seeds	in a pan without oil. Peel, dice and fry
1 glove of	garlic	in a pan. Cut
6	dried tomatos	with scissor into small pieces. In a mixer, blend pumpkin seeds, garlic and tomatos with
1 ladle of	boiled wild rice (black)	until the texture becomes chunky and well blended. This is a substitute for minced meat.

The paste has a similar consistency as fried minced meat sauce. Mix with a pure tomatosauce to create a "Bolognese-Sauce".

Raspberry Dressing

This is a nice cooling summer dressing for salads or with potatoes or rice.

In a blender with rotating knife mix

100 ml	freshly squeezed grapefruit juice,	
200 ml	oil,	
2 cloves of	garlic,	
5 leaves	basil,	
1 hand full of	raspberries,	fresh or frozen,
1 pinch of	sea salt	and
1 TBSP	pear juice	until the dressing is thick and creamy, about 2-3 min.

Salad Sauce, fresh and tasty

		Puree
1/2	papaya	(fresh)
225 ml	orange juice	(freshly squeezed)
50 g	linseed	with a hand blender until creamy.

Serve over lettuce, to cooked potatoes or rice, use as a dip for veggie-sticks.

Salsa

		Place into food processor or blender
2	tomatoes,	chopped
1/2	yellow bell pepper,	chopped
1 pinch	cayenne pepper,	
50 g	onions,	chopped
1	clove of garlic,	peeled and chopped plus the juice of
1	lemon	and
1 pinch of	salt.	
250 g	corn cernels (canned)	Mix ingredients until chunky sauce. Add and serve with Corn Chips or with cooked beans.

Spinach Sauce

		A sauce or soup for three to four.
		Wash and put
800 g	spinach	without draining into a pot and stew for 5 minutes. Then drain and squeeze the spinach as much as possible.
		Puree the spinach with a blender. Melt
40 g	butter	and add spinach puree and
250 ml	rice milk.	Mix well. Cook at medium heat, stirring occasionally.
		Use some rice flour if needed for thickening the sauce and cook for 10 more minutes.
		Remove from the hot plate and season to taste with
1 pinch of	sea salt	and
1 pinch of	pepper.	
		Serve the sauce to pasta, rice, millet or quinoa.

Tete`s Avocado Cream

		Puree
2	avocados	with the juice of
1	lemon	
1 glove of	garlic	
1 pintch of	salt	and
1/4 TSP	cayene	with a hand blender. Dice
1/2	onion	finely and add to the avocado cream.
		Dish the avocado cream on
4	salad leaves.	Serve with vegetable sticks, corn or potato chips as a dip.