

## **Recipe 1**

### **Healthy Breakfast – Avocado-Bread And Egg**

#### **Ingredients for 1:**

One big slice of whole-grain bread (or crispbread, or pumpernickel)

One half avocado, sliced or mashed

One egg of choice: scrambled, cooked or fried

Spices of choice: pepper, salt, chiliflakes, sesame, grained garlic...

1. Put avocado slices on bread and sprinkle with spices of choice or mash avocado and mix it with spices of choice, then use as spread on the bread
2. Additionally you might add: cream cheese or hummus as spread underneath the avocado, or mix avocado with low fat curd cheese or a little lemon juice, then use as spread on the bread.
3. The egg is sprinkled or mixed with spices of choice and served on the side.

## **Recipe 2**

### **Healthy Breakfast TO GO – Yoghurt-Mix**

#### **Ingredients for 1:**

150 – 200 g yoghurt (plain or greek yoghurt or „skyrjoghurt“ from Iceland)

Fruit of choice: apple, banana, berries, mango, pineapple, kiwi, honey melone

Muesli or toppings of choice: ready made muesli or oat flakes, seeds (flaxseed, chia-seed, hemp-seed, sesame, pumpkin-seeds, sunflower-seeds...), nuts (walnuts, cashews, almonds, hazelnuts...)

Some lemon juice

1. Mix yoghurt with fruit and a little lemon juice (so the fruit doesn't get brown) and put in a glass or plastic jar with a tight lid on to keep in the refrigerator for the next day or to take away with you.
2. Keep dry ingredients in a jar separately, so they don't get too soaked in the yoghurt. Add them right before you want to eat it.

### Recipe 3

#### Healthy Lunch – Vegetarian or Chicken Wrap TO GO

Can be prepared the day before and eaten cold or warmed up in a microwave at work the next day

##### Ingredients for 2 wraps:

2 whole-grain tortilla wraps

½ red onion

50 g brown button mushroom (champignon)

1 tomato

½ red paprika

100 g kidney beans

½ romaine lettuce

½ bunch hacked chive (ca. 5 g)

75 g yoghurt

½ teaspoon lemon juice

Salt, pepper

For non-vegetarian alternative: 50 – 75 g chicken breast or filet

1. Peel and dice onion, wash and slice mushrooms, wash and cut tomato in quarters, remove seeds and dice the quarters, wash and dice paprika, wash kidney beans and let them drip off in a sieve. Rip lettuce apart, wash and dry, cut leaves in stripes. Wash and hack chive.
2. Mix yoghurt with salt, pepper, chive and lemon juice.
3. Spread wraps on your work surface and spread yoghurt-mix on them. Then put all ingredients on them 50/50 and roll the wraps up nice and tight
4. Keep in the refrigerator until the next day, and eat cold for lunch or warm up in a microwave

For a non-vegetarian alternative: add fried chicken, cut into dices or small slices.

## Recipe 4

### Healthy Lunch – Quinoa-Bowl

#### Ingredients for 2 bowls:

100 g Quinoa

200 g sweet potatoe

3-5 table spoons olive oil

¼ bunch garden radish

25 g arugula

½ can kidney beans

½ avocado

1 small red jalapeno chili

1 ½ table spoons apple cider vinegar

25 g rosted and salted pistachios

40 g dried cranberries

Salt, pepper, cinnamon, sugar

1. Cook quinoa in boiling water according to instructions on its packaging. Peel sweet potatoes and cut into dices of ca. 2 cm.
2. Heat 2 table spoons of olive oil in a pan and fry sweet potatoe dices in it for ca. 4-5 minutes.
3. Wash garden radish and cut into wedges or slices. Wash arugula and cut into thin slices. Wash kidney beans and let them drip off in a sieve.
4. Mash half the avocado and mix it with the above mentioned ingredients.
5. Jalapeno-viaigrette: Wash jalapeno chili, cut it in half, remove seeds and cut into fine pieces. Mix with vinegar, 1 tea spoon cinnamon, 3 table spoons oil, salt, pepper and some sugar.
6. Hack rosted pistachios into rough pieces and mix them with cranberries and quinoa with all the other ingredients. Put jalapeno-vinaigrette on top and serve in a bowl.

## **Recipe 5**

### **Healthy Snack: Muesli Bars TO GO**

#### **Ingredients:**

140 g oat flakes

½ tea spoon chia-seeds or flaxseed

60 g hacked or grained nuts

30 g coconut oil

100 g liquid sweet (honey, agave or rice nectar)

1 pinch of salt

Alternatively: dried fruit, coconut flakes, cinnamon

1. Mix all the dry ingredients
2. Let all liquid ingredients melt in a small pot on low heat, then add to dry ingredients and mix well
3. Put all ingredients in a small, square baking tray or form a small tray out of tinfoil. Make sure to press the ingredients tightly together, don't make them spread too thin on the tray.
4. Bake in the oven for 15-20 minutes at 180 degrees Celsius (356 degrees Fahrenheit) until it looks golden brown
5. Take out the tray and let cool only a little, then cut the mass into smaller bars. Let bars cool completely and pack them into tinfoil or cling film (plastic wrap) to take with you

## **Recipe 6**

### **Other Ideas For Healthy Snacks**

Nuts, unsweetened dried fruit, fresh fruit, dark chocolate, vegetable sticks with hummus or yoghurt, unsweetened or salted popcorn

## Recipe 7

### Healthy Supper – Vegetarian Pumpkin-Couscous-Bowl

#### Ingredients for 2 bowls:

150 g couscous

1 small hokkaido-pumpkin

500 g cauliflower

6 table spoons olive oil

2 small red onions

80 g leaf spinach

Salt, pepper

#### Dressing:

1 avocado

4 table spoons lime juice

2 table spoons yoghurt

Salt, pepper

#### Topping:

1 small pomegranate

1. Pour 300 ml boiling water over the couscous and let it sit, with the lid closed for ca. 10 minutes until it's soaked. Loosen it with a fork and mix with salt and pepper. Let it cool down.
2. Pre-heat the oven to 180 degrees Celsius (356 degrees Fahrenheit). Wash the pumpkin – hokkaidos don't need to be peeled. Cut it in half and remove the seeds and cut into dices of ca. 2 cm. Wash the cauliflower and break it up into it's individual flower-tops. Put pumpkin and cauliflower separately on a baking tray with baking paper. Mix 5 table spoons olive oil with salt and pepper and spread it over the pumpkin and cauliflower. Bake in the middle rack of the oven for ca. 20-25 minutes.
3. Peel onions, cut them in half and then into thin stripes. Heat 1 table spoon olive oil in a pan and roast onions until they look a little transparent. Wash and dry spinach.
4. Cut avocado in half and remove stone. Use a spoon to remove pulp from the peel, mash it and mix with yoghurt, lime juice, salt and pepper.
5. Cut pomegranate in half and remove the seeds without too much of the fine white peel.
6. Put couscous into two bowls 50/50, put all the vegetables on it with the pomegranate seeds on top. Add the dressing with some more pepper.

If it's not the season for pumpkin, you might use sweet potato instead

## Recipe 8

### Healthy Supper – Quick One-Pot-Pasta With Vegetables

#### Ingredients for 2:

200 g spaghetti

100 g brown button mushroom (champignon)

1 zucchini

80 g peas

1 twig of thyme

15 g parmesan cheese

30 g single cream

1 litre vegetable broth (stock)

1 garlic clove

1. Peel garlic and cut into fine pieces, wash mushrooms and cut into slices, wash zucchini and cut into dices.
2. Put all ingredients, except parmesan and cream, into a big pot on full heat until it boils. Then reduce the heat and let it boil further without a lid for ca. 10 minutes. Stir on occasion and season with salt and pepper.
3. Grind the parmesan into the pot and add cream.

Alternative: rice noodles instead of spaghetti?