



The Art of 4 Elements
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Mindful Eating with 45 Veggie Recipes

for Recovery from Stress and Disease

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Mindful Eating
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Mindful Eating and Veggie Recipes for Recovery from Stress and Disease

Our purpose is to help you grow as a conscious human being.

We hope to help you discover Your Self; inspire you to live more passionate and sensitive life; helping you listen to your Soul, finding your-own space in this matrix of life, making a genuine contribution to humanity.

We hope to help you in your **Personal Development Journey** and encourage you to take full responsibility for your body and its health, your mind, your emotions, your habits, your relationships, and your spiritual beliefs.

Self development is a way of Life. **Our Self Development never ends.** We are never too young or too old for personal growth.

We have an amazing potential to reach our highest potential, to have truly inspiring careers and loving relationships. **Unfortunately, often we walk through our lives asleep, we let our habits rule us, and find it difficult to change our beliefs.** Recognizing the power of our Mind and the power of our Soul, learning the art of Concentration and Love, we are learning to Live with the Flow, not against it.

It is in our **nature to learn and grow.** Taking a commitment to grow, work on Self, spiritually develop, we **take responsibility for our lives.**

Why Food for Health?

WE DO FOOD EVERY SINGLE DAY

CONSCIOUS EATING IS A BIG STEP TOWARD CONSCIOUS LIVING

QUALITY AND QUANTITY OF FOOD IS DIRECTLY RELATED TO OUR HEALTH AND STATE OF MIND

WE CAN USE FOOD TO HELP US RECOVER FROM STRESS AND DISEASE

NOT TAKING FOOD SERIOUSLY WILL EVENTUALLY LEAD TO STRESS OR/AND DISEASE

The Art of 4 Elements helps you:

Body

Food for Health: Adopt healthy nutritional habits that empower your physical body.

Daily Routine: Create a daily routine that will inspire your body health, your mind and your spiritual development.

Conscious Eating: Experience our mindfulness exercises, will power exercises, food awareness exercises that are there to inspire your work with your body and mind

Food for Health

Mindful Eating



Our Aim is to help you examine your body, your health, the food that you eat, your habits and patterns.

Our purpose is **to help you grow as a *conscious human being***.

Mindful Eating

The path to healthy body, and happy soul is based upon self-study, mindfulness, love and awareness. Understanding our relationship to eating will cultivate a lot of insights and help us start living our highest potential.

Lot of us have problems with over-eating, eating too often, eating too little, eating junk food, food allergies, etc. This Guide to the Conscious Eating is designed is such a way to empower you in your relationship to food, helping you become more aware and conscious of your body / mind connection to food.

Mindful Eating Exercises

We are all children that need **nurturing**, **love** and **care**. So give your inner child that nurturing and love, give yourself back the joy of preparing healthy and nutritious meals, joy of experiencing food without TV, reading, working, rush...

We will start with the following set of exercises for raising awareness around food.

When you eat, just eat, do not do anything else

Re-create the routine around your food and exercise Mindful Eating

- Eat around the table.
- Eat at set times.
- Share your food with someone.

- do not read or watch news,

- use this time to become conscious of quality and quantity of food that you are taking

Savor and enjoy your food while eating, become 'mindful' of your food, rather than just swallowing your food while watching TV, surfing the Net, or reading the paper.

Your enjoyment will multiply and fulfillment will soon follow.

The quality will replace the quantity, **awareness** will become your guide and protector. With the **awareness** you will start respecting yourself.



The first few bites of a food item taste better than the next few bites. If we are aware of what is happening within our body, we will be able to control the hunger and enjoy the taste more.

So stay:

- aware of your hunger and what it feels like in your body,
- aware of the various flavors within each bite,
- aware of what it feels like to be full.

While practicing **awareness** taste a wide range of food items. Try sweet and sour foods, liquids and solids, hot and cold foods. Before you eat, smell your food, as though you are experiencing the finest wine, stay with each experience.

Arrange your food using your nicest plates, light a candle and place a flower arrangement on your table as though you are serving a guest.

Enjoy the experiment!

Start eating after a short meditation or prayer.

This will make you face the animal instinct of HUNGER, and you will turn again towards Peace, just before you take your first bite.

Sit in front of your food for a minute or two before eating. Close your eyes.

Our prayer or meditation before the meal can be silent or could host the words of gratitude towards Creation, Earth, or God.

The food that we are eating is a gift of the earth, may we eat it with mindfulness and gratitude. We accept it so that it may nurture and nourish our body, mind and soul.

Some Christians use:

‘Thank you, Lord, for this food which is set before us. May we use it to nourish our bodies, and thee to nourish our souls. Make us ever more mindful of the needs of others, and the needs of our planet. Through Christ Our Lord, Amen...’

Within a Hindu family, before they take their daily meal they sprinkle water around the plate as an act of purification. Five morsels of food are placed on the side of the plate acknowledging the debt owed to the Divine forces, ancestors; sages; our fellow human-beings, and other living beings. This is done with the chant.

Chose your-own meditation or prayer and make it your-own ritual.



Food and Awareness

After sitting, eat slowly, lift your fork gradually and thoughtfully, feeling every movement fully.

If you can, eat in silence, allowing the food to become real with your mindfulness.

After finishing your meal, take a few moments to notice that you have finished.

Allow the feeling of gratitude to fill your mind – you just had this wonderful nourishing meal to support you on your journey.



Chose your food properly

Let it be fresh, healthy, without preservatives, suitable for you.

Let it be tasty and looking wonderful. Preparing food could be an art form - a very beautiful one!

Real Food For Health: Organic, Sustainable, Local

A steady diet of real food is needed to sustain good health

So, what is real food?

1. Real food is produced from real seeds, [not GMO](#) – genetically modified,
2. Real food has no poison, it is [organic](#), with no preservatives, no colourings, no magnitude of E-s and other additives. Toxins that are in pesticides must affect our health!
3. Real food is [Vegetarian](#)
4. Real food is seasonal and it is local. Real food does not travel 1,000s of miles to reach you with all the processes involved during this journey. **Support your local farmers' market** Choose local produce when it's in season, organic, and sustainably harvested.
5. Real food **is not processed, frozen, and pre-packaged**. Whole, unprocessed foods are cheaper and healthier.

Chose Organic!

What does organic mean?

Food has been **grown without pesticides** and is not genetically modified (GMO).

For example: Organic dairy is produced without the synthetic bovine growth hormone and no antibiotics are given to the animal; they must also eat organic.



Chew your food properly.

Be aware of that sensation of chewing and somewhere in the middle of the bite, stop for a moment, to again experience the battle of senses that occurs when we are eating.

Before swallowing, experience sensations of the food on your tongue. When chewing, know you are chewing. Swallow after the food has been thoroughly chewed, probably twenty or thirty times (don't count, just feel).

We should take our time as we eat, chewing each mouthful at least 30 times, until the food becomes liquefied. This aids the digestive process. Let us enjoy every morsel of our food and the presence of the dharma brothers and sisters around us. Let us establish ourselves in the present moment, eating in such a way that solidity, joy and peace be possible during the time of eating.

Stay with this instinct to swallow

Keep the food in your mouth for some time and observe the instinct to take more than it is really necessary, to gulp the food. We are practicing **awareness**. We want the process of food consumption to enter into our **awareness**.

We want to be **aware** of what we are eating, aware of our **addictions**, **aware** of our animal **instincts**. When under the light of **consciousness** these instincts become weaker and we can use them for more pleasure, instead of suffering within our sense of greed.

Stop eating just before you are full

If we over-eat, we feel drowsy, we are not fully active, If we leave the table a little hungry, we feel much more energized later on.

Fast Regularly

Orthodox Christians all throughout the year fast on Wednesdays and Fridays. Fasting for an Orthodox Christian means the avoidance of meat, meat products, fish, eggs, dairy, wine and oil. The longest and strictest fasting season of the year is Great Lent, and it is 40 days long. The fasting rule kept by many monasteries is called: Apostles' Fast, it is observed during non-fasting seasons and it is very similar to so called: 'vegetarian inclined' diet:

- Monday, Wednesday, Friday: Strict fast.
- Tuesday, Thursday: Oil and wine permitted, no meat, meat products, fish or dairy.
- Saturday, Sunday: Fish, oil and wine permitted.

Christian Sayings on Fasting

St Symeon the New Theologian: 'Let each one of us keep in mind the benefit of fasting... For this healer of our souls is effective, in the case of one to quieten the fevers and impulses of the flesh, in another to assuage bad temper, in yet another

to drive away sleep, in another to stir up zeal, and in yet another to restore purity of mind and to set him free from evil thoughts...'

St Symeon the New Theologian: 'Fasting gradually disperses and drives away spiritual darkness and the veil of sin that lies on the soul, just as the sun dispels the mist... Fasting, aided by vigil, penetrates and softens hardness of heart... it causes fountains of compassion to spring forth.

St Symeon the New Theologian: 'But without fasting no one was ever able to achieve any of these virtues or any others, for fasting is the beginning and foundation of every spiritual activity'.

The letters of Father Lazarus to Mother Gavrilia 'Go anywhere you like, do whatever you like, as long as you observe Fasting... Because not a single arrow of the Evil One can reach you when you fast. Never.'

Lunch Out

Chose a day or two, when you will be going out for lunch or dinner. Treat yourself to unhealthy treats. Your kids will love this outing and look forward to it! And whenever they want to eat unhealthy during the week, you can tell them that their Pizza or Sweets day is on Sunday,,,

Unhealthy treats

Have a day within your Dream Healthy Menu for unhealthy treats: cakes, or any of your favorite indulgence. Moving this 'habit' into one day, you are leaving a space for a 'treat', you eat healthy during the week and enjoy your treat on a chosen day. Having a day for 'treats', will reduce dramatically your sugar and junk intake during the week.

When examining your body, and your attitude towards your body, please also consider:

Your Sleep Disturbances – if you have sleep disturbances, you should check what causes these and work on creating a balanced environment where your sleep is sound and healthy.

Your Exercise Regime – Create an exercise plan and start using it tomorrow.

Willpower and Food

Willpower training

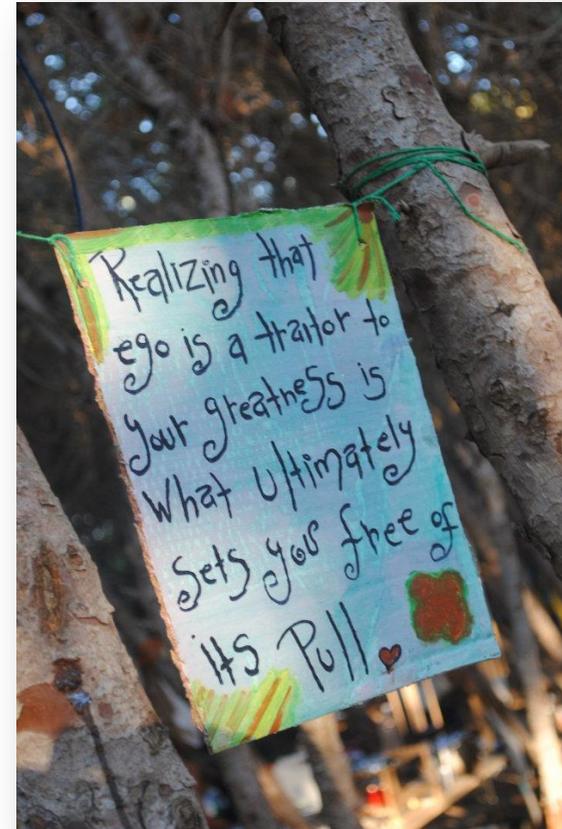
Willpower needs to be trained every single day, so that it could be later used in the process of **Spiritual Development**.

You train your **Willpower** when you challenge your existing structures, when you go against your instincts, against the hunger, when you go against your sleep, when you challenge your limits whatever they are.

Willpower is the basis of all Self Development Work

Train your Willpower

With the strong **Willpower** you will be able to invite the lady **Love into your life** and let Her rule from the centre of your Heart.



Write your-own list of actions for exercising Will Power during the duration of this Course. These are some of our suggestions:

- do not eat immediately when you are hungry – wait a couple of minutes, challenging your hunger
- do not sleep immediately when you are sleepy – wait a couple of minutes, challenging your sleep
- at the end of your shower, use cold water, challenging your comfort zones
- swim in cold waters
- wake up early to walk or jog
- wake up early to meditate
- run marathon
- climb Mont-Everest
- fast on water for more than 24 hours
- do not have an orgasm after 11 minutes of sex with your partner but enter into a magic of making love that might last hours
- do not get angry, even though circumstances are against you



Foods either produce [acid or alkaline](#) in the body after they are metabolized. In most cases, people consume more acidic foods than alkaline foods.

Our [diet](#) should consist of 80 percent alkaline foods and 20 percent acidic foods.

Viruses, cancer and most diseases thrive in an acidic environment. The Key to good [healthy](#) diet is to eat predominantly alkaline foods.

When our diet is based on acid producing foods, our body is forced to borrow minerals (calcium, sodium, potassium and magnesium) from vital organs and bones to neutralize the acidity and to balance the acid vs alkaline levels and this can cause disease.

Acid or Alkaline foods, Yin and Yang of foods

Acid Foods

Most diets consist of acid-producing foods. The most acidic foods are food filled with sugars, table salt, yeast, animal products, fried and processed foods. Other acid producing proteins are eggs, white rice and white bread. These foods should be avoided.

The food's acid or alkaline forming tendency has nothing to do with the actual pH of the food itself. For example, lemon, apple vinegar, or lime are all very acidic, but after they are digested, they produce an alkaline environment in the body. Likewise, meat will test alkaline but when digested it leaves very acidic residue in the body.

Alkaline Foods

Foods that produce the strongest amounts of alkaline are baking soda, sea salt and mineral water.

Most [vegetables and fruits](#) are alkaline-producing foods.

Most fruits are alkaline-producing, even acid fruits such as lemons and lime.

A Useful Tip: For a neutralizing drink, mix the juice of 1/2 lime, lemon or apple cider vinegar in water – drink throughout the day

YIN and YANG of food

[Chinese food therapy](#)

Chinese food therapy is a practice of healing using foods instead of medications. Chinese food therapy dates back as early as 2000 BC. It is based on the concept of [yin and yang of food](#).



Macrobiotics

Macrobiotics is based on the philosophy that regards food and food quality as a powerful agent affecting health, well-being, and happiness. Food is bought in

season and it is local and organic. Highly processed and refined foods and most animal products are avoided.

Japanese [macrobiotics](#) emphasizes locally grown produce combined into meals according to the principle of balance between **YIN and YANG**.

Whole grains and whole-grain products such as:

- brown rice,
- whole grains such as barley, millet, oats, quinoa, spelt, rye,
- a variety of cooked and [raw](#) vegetables,
- beans,
- mild natural seasonings,
- nuts and seeds are recommended.

Foods that have yin and yang in balance should be used regularly. Foods that are too Yin or too Yang should be avoided.



Yin Food Items that should be avoided

Foods that are too YIN are over-stimulating and can exhaust the body and mind. They should be avoided:

- Sugar
- Alcohol
- Coffee
- Chocolate
- White flour products
- Very hot spices
- Drugs
- Any additives and preservatives
- Milk Products

Foods that are too YANG and should be avoided

Foods that are too Yang are too heavy, create stagnation should also be avoided. They are:

- Poultry
- Meat
- Eggs
- Refined salt

Cooking and the time of the year

In spring:

- Eat lots of greens
- Use very light cooking style: steaming, or cooking for a short time.

In summer:

- Large-leaved greens, sweet corn, fruit, summer pumpkins
- Eat more raw foods
- Lighter grains, such as barley, and bulgur

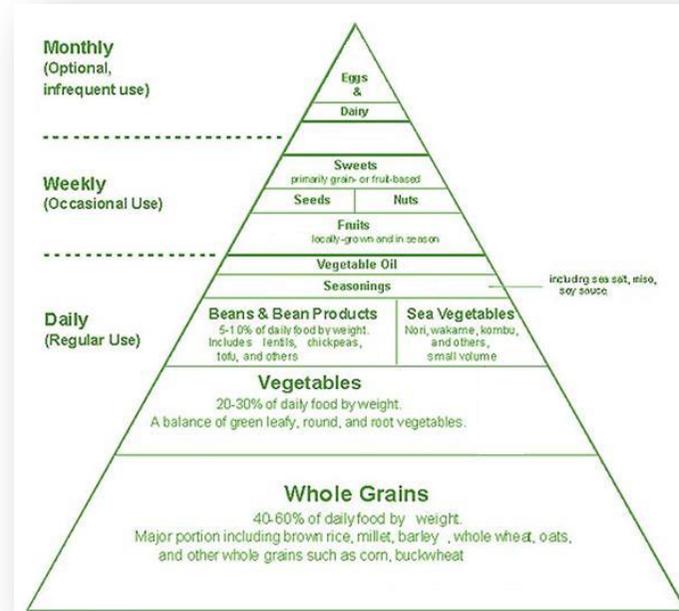
In autumn:

- Root vegetables, pumpkins, beans, cereals, etc.
- Heavier grains such as rice and millet

In winter:

- Round vegetables, pickles, root vegetables, etc.
- More miso, soy sauce, oil, and salt
- Heavier grains such as millet, buckwheat, fried rice, etc.
- Cooked for a longer period of time

Yin and Yang Pyramid



Yin and Yang pyramid has many similarities to the balanced diet required by nutritionist that observe the acid and alkaline producing effects of foods on the body. The NO NOs are the same all through the cultures...

So, we are either eating ourselves into poor health, chronic disease and early death, or make smart food choices that bring us health and happiness all through the life.

Fruit and Veggies - Conscious Eating

A perfect gift of nature!

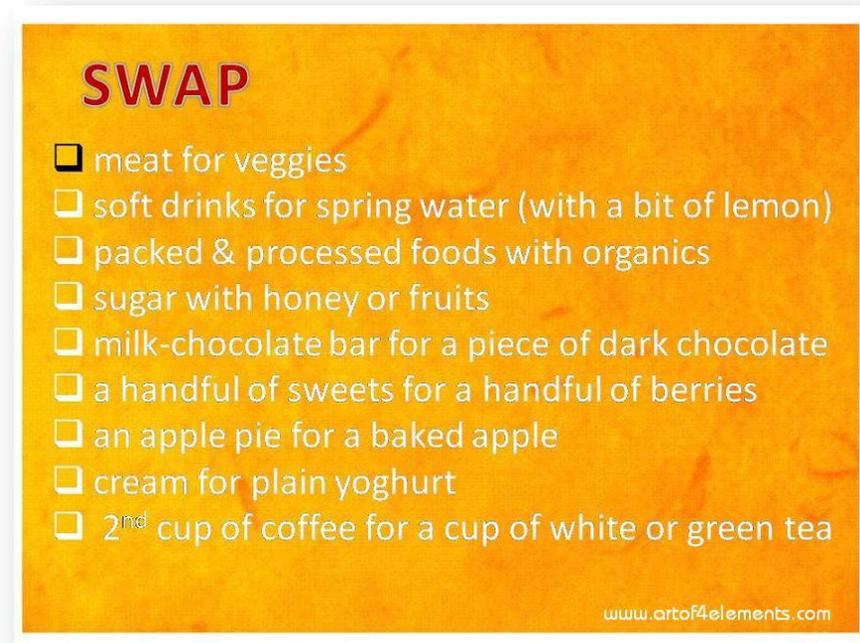
Nothing else can replace or substitute **fruits and vegetables** in our diet. Fruits and vegetables provide the body with our #1 source of antioxidants, vitamins and minerals.

Maintaining good health requires balancing [the alkaline and acidic level](#) of your blood through your [nutrition](#) and your lifestyle choices.

[Fruit](#) have their **best healing and nutrition effects** when eaten separately from grains and vegetables. Eat fruits one hour before consuming any other foods and the best time is MORNING.

Swap list for health

We have created a swap list for you to make your diet healthier and your body & mind stronger...



- swap meat for veggies
- swap white for brown
- swap soft drinks for spring water (with a bit of lemon or lime)
- swap colored and processed food with organics
- swap sugar with honey or fruits
- swap a milk-chocolate bar for a piece of dark chocolate
- swap a handful of sweets for a handful of berries
- swap an apple pie for a baked apple

Nutrition and Health

Some miracle fruits



Lemons

Lemons are a power food that can rid parasites and purify the blood.

- Just one lemon has more than 100 % of your daily intake of vitamin C.
- Citrus flavonoids found in lemons may help inhibit the growth of cancer cells and act as an anti-inflammatory.
-

A Useful Tip: Add a bit of lemon to alcalise your water and [drink healthy](#) throughout the day.

For Healthier Body & Happier Humanity

Green Juices...



You could add a green juice to your breakfast in the morning. You will start your day **CHARGED**, and boost your immune system.

An example of ingredients you could add to your green juice: A leafy green, kale, a handfuls of spinach, an apple, some lemon, some lime, piece of ginger

Make use of quinoa, rice, barley, millet

Quinoa

Quinoa was a staple food for thousands of years in South America. It is a seed, but can be prepared like whole grains. It takes just 10 to 15 minutes to cook and it is full of nutrients. Quinoa has the high protein content, so it's perfect for vegetarians and vegans. It is gluten-free and cholesterol-free.

Cooking quinoa: Prepare quinoa as you would prepare rice (1 part quinoa to 2 parts water) and cook for about 15 minutes.

Millet

Millet is also a seed, but it is usually classified as a whole grain. It is high in protein, and it is a good source of folic acid, zinc and iron. It is *gluten-free*.

Cooking millet: with water for around 20 minutes. You can have a delicious and healthy breakfast cooking millet, adding to the mixture coconut, raisins, seeds, nuts, cinnamon, nutmeg, cardamom, fresh fruit, etc.

Barley

Barley is a healthy whole grain. It is a virtually fat-free food and is also cholesterol-free. Chinese believe that regular consumption of barley cures indigestion.

Cooking barley is similar to cooking rice. Cover 1 cup of pearl barley with 2 cups of water and simmer for around 30 minutes.

Buckwheat

Buckwheat flour is wonderful in all kinds of baking recipes, from cookies to brownies. You could make raw buckwheat porridge by soaking buckwheat, walnuts, seeds overnight and then mixing them with an apple, berries, coconut and cardamom.

Hint: Pre-soak barley, millet, quinoa overnight in plenty of water to increase the nutrients and cut down on the cooking time.

Raw fruits and vegetables

Most of the snacks served to children should be raw fruits and vegetables...

Buy seasonal, buy local, buy organic...

Edamame

Edamame is young soybeans. Because the beans are young and green the beans are soft and edible raw or slightly steamed. Add sea-salt and/or olive oil to taste.

Spinach

Recent research found that among cancer fighting fruits and veggies, spinach is one of the most effective. Spinach is a healthy addition to any smoothie.



Did you know? Row spinach is good for your eyes!

Eat raw, sprinkled with some lemon, salt and pepper... or add...

Avocados

Make a dip or eat as a salad. For the dip use: 1 avocado + a small bunch of rocket / spinach / greens + 2 tomatoes + 1/2 a lemon + salt and pepper

Adding avocados to your salad increases your stomach absorption capacity of key nutrients.

Strawberries or Blueberries with Honey

1 cup strawberries drizzled with a spoon of honey. For a complete antioxidant boost, add some walnuts into the mix.

Did you know that blueberries can improve memory?



The antioxidant capacity of strawberries is quite extraordinary!

Since many food items (for example, spices) are consumed in very small doses, the analysis of the antioxidant capacity of food takes into consideration a common serving size of the item and their total antioxidant capacity. In this evaluation strawberries came 3rd amongst the tested herbs, fruits, and vegetables!

Only blackberries and walnuts could compete with strawberries antioxidant capacity.

Honey is a powerful immune system booster. Its [antioxidant](#) properties will help you stay healthy and fit.

Healthy Snacks - Eating Your Way to Health

Snacks don't have to be a guilty pleasure. Discover creative and healthy ways to snack...

The way certain foods are chosen and prepared can change how healthy they are for us.

Serving healthy snacks to you and your children is important for good [nutrition](#), supporting lifelong healthy [diet](#) and eating habits.

Nibble guilt-free with healthy snacks...

A good digestion system is one of the keys to health

We all have different ability to absorb nutrition. To help our digestion, we should regularly absorb good bacteria (probiotics) – natural yogurt, and we should soak, and sprout our food (especially our seeds and our grains).

Why Vegetarian

Vegetarian Diet is a Conscious Diet

DID YOU KNOW... 18% of all global Green Houses Gases are from the consumption of MEAT and DAIRY?

Why Vegetarian? Vegetarian in the world

Vegetarian Benefits

Being a vegetarian is a lifestyle. If someone tells me that s/he is a vegetarian, I immediately know that the person made a conscious choice to work on himself or herself.

Choosing the vegetarian diet we work with millions of others to protect the rainforests, to prevent the huge suffering of farmed animals, and to reduce my-own energy consumption.

When I say vegetarian I mean that:

- I carefully thought about my food and I made a conscious decision about my choice
 - I care about my health and I will do my best to avoid all the items that harm my body, mind and soul.
 - I carefully thought about environment and the eco foot-print that I leave on our blue planet and I believe that the most effective way to 'go green' is to become a vegetarian.
-

Health

The Okinawa Centenarian Study (OCS) is an Now 30 years long study of 900 100+ years old residents of Okinawa, indicates that they have the longest life expectancy of anyone else in the world. The 100+ years old people of Oinawa have extraordinarily good health. They are lean, youthful looking, and energetic people that had significantly low rates of heart disease, and cancer and have managed to escape many chronic diseases of aging. This remarkable aging phenomenon is contributed to a number of factors:

- their average weight and body mass is low. They traditionally practice food intake control known as hara hachi bu (eat only until you are 80% full),
- they keep physically active and have regular exercise,
- they have a moderate alcohol intake, and they avoid smoking,
- they have what we call: 'semi-vegetarian' or 'vegetarian inclined diet' with lots of organic veggies, papaya and sweet potato, with whole grains – mostly brown rice, seaweed, soy, and green tea.

So, the diet of the healthiest and longest living population on Earth is full of unrefined carbohydrates, fruits and vegetables, and soy.

ongoing population based study of centenarians in Okinawa, in Japan, that began in 1975 and has some fascinating findings.

Environment

‘Nothing will benefit human health and increase the chances for survival on Earth as much as the evolution to a vegetarian diet.’ -- Albert Einstein

The meat industry has disastrous effects on the environment. By growing grain to feed the animals that are fed to humans, you end up with much less food than you would have by feeding grain directly to humans.

According to the US Environmental Protection Agency (EPA), chemical and animal waste is the major factor of all the pollution. The EPA also estimates that nearly 95 percent of the pesticide residue comes from meat, fish and dairy products. The factory animals are crammed into cages and fed a diet full of pesticides and antibiotics.

Animal suffering

Animals are slaughtered for meat and that does matter. They are also raised in inhumane conditions from the moment they are born. Ten to fifty billion animals are slaughtered for human consumption each year. The average meat-eater consumes around 100 animals every year.

Vegetarianism and Various Religions

In China and Japan Taoism holds that nature is sacred, and it favours vegetarianism. Taoism teaches that yin and yang are the two fundamental energies in the world and the vegetarianism is based on a perception of purity. Whether they decide to be purely vegetarian or not, Daoist concept of simplicity encourages eating vegetables, grains, and fruits instead of meat. Macrobiotics, for example encourages eating organic, wholesome, nutritious food that balances its

yin and yang elements. They avoid: extremely yang food - meat, salt, strong spices, and extremely yin food - potatoes, tomatoes, sugars, coffee, and alcohol.

Buddhist and Hindu vegetarianism is based on refraining from killing animals. There are 900 million Hindus in the world and 360 million Buddhists. Hinduism’s encourages a vegetarian diet. A cow is a sacred animal. Vegetarianism is an explicit practice amongst Jains, who hold that it is wrong to kill or harm any living being. There are around 25 millions Jains in the world.

Buddha clearly taught vegetarianism as part of his instruction to be mindful and compassionate. In a Mahayana sutra Buddha states that ‘the eating of meat extinguishes the seed of great compassion’.

The Torah (Hebrew Scriptures) describes vegetarianism as an ideal. In the Garden of Eden, Adam, Eve, and all creatures were instructed to eat plant foods. (Genesis 1:29-30)

Vegetarians in Different Countries

The 2008, ‘Vegetarianism in America’ study states that the number of U.S. adults who follow a ‘vegetarian-inclined diet’ is 22.8 million.

In England, according to a 2006 Mintel survey, 6 percent of the population, or 3.6 million people, are strict vegetarians. The rest of Europe holds the average of around 3 percent.

According to some statistics 1% of Chinese population is vegetarian and that amounts to 13,000,000 people.

Brasil has 9,500,000 people that are vegetarians.

Australia has 1,150,000 vegetarians.

India has around 400,000,000 vegetarians.

Africa also has many semi-vegetarians simply because population still lives in a rural environment where eating meat is considered luxury.

If you are a Vegetarian

Most plant foods are not complete proteins – they only have some of the amino acids. Consuming various sources of amino acids throughout your meals provide you with all the protein you need. Soy and quinoa are complete vegetable proteins. Generally, vegetarians meet their protein requirements, but some vegan diets may be low in protein.

Some good sources of protein are:

- Beans, peas and lentils
- Pumpkin seeds, nuts and other various seeds
- Soy products including tofu, Whole grains

Minerals for vegetarians:

Iron – good sources of iron are: whole grains, beans, green leafy vegetables and dried fruits. These foods should be combined with foods high in vitamin C – this will help your body absorb the iron.

Zinc – helps the development of immune system cells. Good sources of zinc are: nuts, tofu, miso, beans, wheat-germ and whole grains.

Calcium – is needed for strong bones and teeth. Good food sources of calcium are: dairy, tahini, leafy dark green vegetables, beans, peas, almonds.

Vitamin B12 is important for the production of red blood cells. It is mainly found in dairy products and eggs.

Vitamin D - the main source of vitamin D is sunlight.

Vegetarian diets and children

Well planned vegetarian diet is appropriate for all stages of life.

Examples of nutritious foods for growth that have proteins are: mashed tofu, cottage cheese, whole grains, quinoa, avocado, tahini spread/

Sayings on Vegetarianism

'[Vegetarian](#) movement should cause special joy those whose life lies in the effort to bring about the kingdom of God on earth... because it is a sign that the aspiration of mankind towards moral perfection is serious and sincere, for it has taken the one unalterable order of succession natural to it, beginning with the first step.

Flesh eating is simply immoral, as it involves the performance of an act, which is contrary to moral feeling: killing. *This is dreadful! Not the suffering and death of the animals, but that a man suppresses in himself, unnecessarily, the highest spiritual capacity -- that of sympathy and pity towards living creatures like himself -- and by violating his own feelings becomes cruel. And how deeply seated in the human heart is the injunction not to take life! So strong is humanity's aversion to all killing. But by example, by encouraging greediness, by the assertion that God has allowed it, and above all by habit, people entirely lose this natural feeling.'*

[Tolstoy on Vegetarianism](#)

'It is my view that the vegetarian manner of living by its purely physical effect on the human temperament would most beneficially influence the lot of mankind.

Vegetarian food leaves a deep impression on our nature. If the whole world adopts vegetarianism, it can change the destiny of humankind.

Nothing will benefit human health and increase the chances for survival of life on Earth as much as the evolution to a vegetarian diet.'

Albert [Einstein](#) on Vegetarianism

For as long as men massacre animals, they will kill each other. Indeed, he who sows the seed of murder and pain cannot reap joy and love.

[Pythagoras](#) on Vegetarianism, Read more [Pythagoras Quotes](#)

A man of my spiritual intensity does not eat corpses... Animals are my friends...and I don't eat my friends.

George Bernard Shaw on Vegetarianism

The greatness of a nation and its moral progress can be judged by the way its animals are treated... I do feel that spiritual progress does demand at some stage that we should cease to kill our fellow creatures for the satisfaction of our bodily wants.

[Gandhi](#) on Vegetarianism

The gods created certain kinds of beings to replenish our bodies... they are the trees and the plants and the seeds.

Plato on Vegetarianism

Men fed upon carnage, and drinking strong drinks, have all an impoisoned and acrid blood which drives them mad in a hundred different ways.

Voltaire on Vegetarianism

On general principles the raising of cattle as a means of providing food is objectionable. It is certainly preferable to raise vegetables, and I think, therefore, that vegetarianism is a commendable departure from the established barbarian habit. That we can subsist on plant food and perform our work even to advantage is not a theory but a well-demonstrated fact. Many races living almost exclusively on vegetables are of superior physique and strength. There is no doubt that some plant food, such as oatmeal, is more economical than meat, and superior to it in regard to both mechanical and mental performance.

Such food, moreover, taxes our digestive organs decidedly less, and in making us more contented and sociable, produces an amount of good difficult to estimate. In view of these facts every effort should be made to stop the wanton, cruel slaughter of animals, which must be destructive to our morals.

Nikola Tesla on Vegetarianism



Water for Health

Water is the second most important substance for [healthy](#) body, after oxygen!

Water makes up more than 2/3 of our weight, so do not dehydrate – drink good quality spring water.

- Drink **spring waters** – forget about pure H₂O, processed water, refined water, etc, go for Spring water created by our Mother Earth. The minerals found in Spring water are indispensable to our health
- Drink water stored in **glass** bottles - The synthetic chemical bisphenol A (BPA) often found in plastic & metal containers can leak into food and water. Heat, contact with acidic or alkaline substances accelerate this poisoning of our bodies and of the planet

Tip: Drink water on its-own

Some researchers suggest better food overall digestive health from limited water drinking during meals.

Juices

Avoid drinking juices because:

- They have high sugar content - A glass of juice can have 30 grams or more of sugar. That's equivalent to about 8 tsp of sugar.
- Many juices are full of additives, colorings and other taste enhancers – BE AWARE OF WHAT YOU DRINK...

Herbal Teas

Tasty, warming, caffeine-free... Well known for many medicinal qualities they possess and used in many different countries as natural remedies. Drink as much as you like...

White Tea

White Tea may BE the most potent tea for cancer prevention. Just one cup of white tea has the antioxidant capacity of 12 glasses of orange juice.

Water as the mirror reflecting our level of consciousness

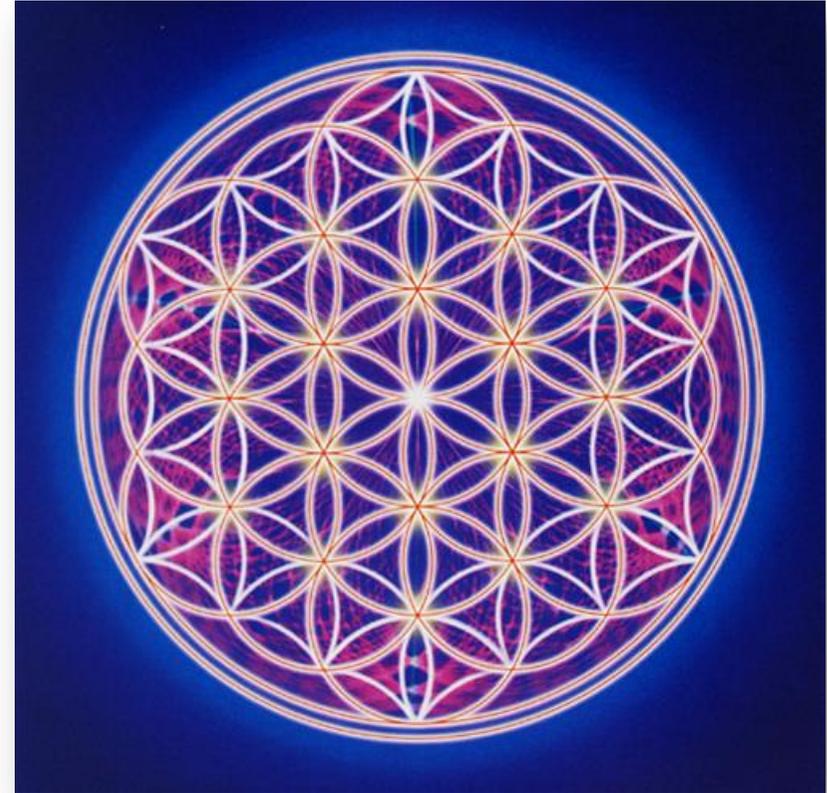
Messages from Water is a research done by Dr. [Masaru Emoto](#) that shows interesting patterns forming within water molecules when we approach water with certain strong feelings: love, blessing, anger...



During his research, Dr Masaru has worked on his claims that human consciousness has an effect on the molecular structure of water. He photographed the molecules and got some most remarkable results.

So, take care of your water!

Place your glass jar on an image of **flower of life** and let its crystals pick-up the magic of this ancient symbol.



Observation Transformation Tools

Observing your Diet, Food for Health

We highly recommend that you spend the first 4 days in measuring your time spent in exercising, resting, and observing your eating and drinking habits.

We are often too tired to consciously observe our eating and drinking patterns. Also we often do not remember the truth and we need to make a conscious effort to record our habits so that we can become aware of them. We included only you and your child / children.

It is the best if your partner is also following the program so that you can inspire each other and grow together.

Your drinking and eating quality and quantity analysis

Day 1 to 4 Let's look at your **drinking habits...**

Take a note-book with you and jot down all the liquids that you in-take during the first four days. Do not consciously or sub-consciously obstruct your usual habits.

This exercise is designed to raise your awareness around drinking.

Day 1 to 4	Your Drinking Habits	Day 1	Day 2	Day 3	Day 4	Your mark for quality (1-5)	Your mark for quantity (1-5)
	Drinking water	IIII (4 glasses)					
	Drinking juices						
	Drinking non caffeinated tea						
	Drinking caffeinated tea						
	Drinking milk						
	Hot chocolate, milk-shake, etc.						
	Drinking coffee						
	Wine, beer, liquids,						
	Other						

Note: I is 1 unit: 2dl of water, 1 cup of tea, 1 espresso, 1dl of wine, etc...

Day 1 to 4 Let's look at your **eating habits**...

Observe your habits in respect to food.

Take a note-book with you and jot down all the food items that you in-take during the day.

Do not consciously or sub-consciously obstruct your usual habits.

This exercise is designed to raise your awareness around eating.

Day 1-4	Your Eating Habits	Day 1	Day 2	Day 3	Day 4	Quality Mark (1-5)	Quality Mark (1-5)
	Over-eating	Y for dinner	Quantity mark				
	Fresh Fruit	1 apple					
	Fresh Vegetables	Veggie Soup					
	Organic	(Y/N)					
	Seasonal, Local	(Y/N)					
	Frozen, Canned	(Y/N)					
	Junk Food	- chips					
	Hidden sugars	- coke					
	Sweets	- 1 cake					
	Do you sit down to eat,	(Y/N)					
	Restaurant or Home Made	HM					
	Carbohydrate overdose	(Y/N)					
	Meat overdose	(Y/N)					

Day 1-4	Your Eating Habits	Day 1	Day 2	Day 3	Day 4	Quality Mark 1-5	Quality Mark 1-5
	Over-eating						
	Fresh Fruit						
	Fresh Vegetables						
	Organic						
	Seasonal, Local						
	Frozen, Canned						
	Junk Food						
	Hidden sugars						
	Sweets						
	Do you sit down to eat,						
	Restaurant or Home Made						
	Carbohydrate overdose						
	Meat overdose						

At the end of your observation, you will be able to produce the following table:

Balanced and healthy diet	Day 1	Day 2	Day 3	Day 4
I have a balanced and healthy diet, I eat lots of fresh greens and veggies				
I drink enough water and my water is of good quality				

At the end of the observation period, we will work with a questionnaire that highlights your habits, patterns, re-occurring problems.

Have in mind that this questionnaire is YOURS. So that means, delete the questions that you think are not relevant for your life, write down your-own questions at the end of the list, and highlight your own habits and behaviors that might bother you.

YOU know the answers, you just need to ask yourself the questions.

Be truthful and honest and your Soul will rejoice!

Your Overall Mark for the Day

Personality Questionnaire: Do I Eat Mindfully?

Answer the following Personality Questions related to your nutrition, health and body

Read each sentence and rate them from 1 (really bad) to 5 (I am super happy).

Answer to what extent you feel this statement is true.

	1	2	3	4	5
1 I drink enough good quality water					
2 I have a balanced and healthy diet					
3 I do not over-eat, I am happy with my weight					
4 My energy levels are high					
5 My sleep is of good quality and quantity					
6 I exercise regularly - I walk, roller-blade, swim, run at least three times per week					
7 I drink only 1 coffee a day					
8 I rarely drink alcohol					
9 I do not use drugs					
10 I do not smoke					
11 I do not use medication					
12 I do not use sugars excessively					
13 I do not eat junk food, use refined salt or food items loaded with salt					
14 I spend every day in nature					
15 I spend enough time on-my-own meditating / Beng					

Write the answers of the Personality Questionnaire

After you have answered your questions, meditate on answers and where the problems within your life might be.

Use a colored marker to highlight areas that might need improvement.

Add whatever you feel is missed out from this list.

The ranking from 1 to 5 will indicate your list of priorities.

Action Item from the Personality Questionnaire

Study each answer that you are not happy with and determine what precise action you would like to do to change your state of body, mind, emotions.

Write down the areas that need improvement.

Be specific...

For Example:

My Body feels depleted of energy			
Because of:	Action Items:	What stops you from doing it?	Any alternative?
My lousy posture	Do some Pilates to strengthen your spine	Hate Pilates	Try Yoga
My food allergies	Visit the doctor to determine the list of food	Hate doctors	Try alternative methods – muscle testing, etc.
A cough that won't leave	A doctor / A herbalist	My cough is not serious enough just annoying	More tea, care, lemon & honey, more rest
Not getting enough sleep	My bed is not firm enough	Never got to buying a new one	Let's do it than!

Now write the action items that you would like to pursue, so that these conditions change.

Often, we guess the solution of our problem but our habitual-mind-set invents a valid reason against the improvement. So that is why our list of action has a column called: Alternatives.

There are always alternatives that will help your condition and are difficult to refuse...

Problem:			
Because of:	Action Items:	What stops you from doing it?	Any alternative?
Reason 1			
Reason 2			
Reason 3			
Reason 4			

Mindful Eating Exercises: Healthy Vegetarian Meal Plan

Create your-own healthy vegetarian meal plan for a week. Try it out for a week!

An example of a healthy vegetarian meal plan would look like this:

	Breakfast	Lunch	Snacks	Dinner
Monday	Quinoa with Strawberries, Coconut, Seeds	Spinach and Greens Salad	Popcorns	Whole Wheat Vegetable Stuffed Flatbread
Tuesday	Buckwheat Pancakes with fruits and nuts	Raw experiment: Sprouts, tomato, avocado, carrots	Fresh Seasonal Fruit + Pumpkin Seeds	Crackers with Hummus and Veggies
Wednesday	Coconut millet	Feta and Avocado Wraps	Blackberries and Walnuts	Whole Wheat Pancakes (See: Unhealthy Treats)
Thursday	Fruit feast + Green Smoothie	Roasted Vegetables with Cheese Sauce	Yogurt	Pasta with Pesto
Friday	Raw Buckwheat Porridge	See: Lunch Out	Brown Toast with Honey	Roasted Veggies and Rice

Your Dream Healthy Menu

	Breakfast	Lunch	Snacks	Dinner
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Easy Healthy Recipes for Stress and Disease Recovery



By Mirjana Musulin

Age: 47 yr.

Introduction

This book was ‘cooking’ in my head for a long period of times, until the circumstances were right for its publishing on the net so that it becomes of help for all of those in need. A few years ago, due to a accumulated stress caused by moving my house, changing my job, and my disappointment in love, I simply stopped eating. I didn’t take care of myself, I didn’t cook for myself but was indulging in fast unhealthy food, having trouble eating or even swallowing it.

As a result of this lack of proper nutrition, I was feeling lousy, I didn’t sleep well, I was nervous, exhausted at work, and without any energy within my love affair. After half a year of this unhealthy regime I was completely depleted of energy, I was getting thinner and crossing the border to becoming anorexic. I started visiting more and more doctors, my blood analysis was getting worst, and even

though I was getting thinner, my sugar and cholesterol level were far beyond accepted levels, my hair was falling so one could see my skull, and allergies and eczema was my every-day reality.

Doctors specialists gave their diagnosis, none of them really knowing what is causing the illnesses, and various symptoms. In the morning I had trouble getting up, I forced the food down my throat with the feeling of disgust and I was looking worse with every day that passed. I touched the bottom when my love affair ended and at that point, for the first time, I became worried for myself – one fine morning, looking at my reflection in the mirror.

Every since my youth I explored psychology books and I knew that I have to work on my emotional and spiritual development to overcome my physical problems. Now I started consciously exploring nutrition and I started working on my ‘relaxation’. I started my recovery with giving myself a gift of more rest, and frequent walks in the nature and I started spending more time in my kitchen preparing food that nurtures me. Suddenly a whole new world of colors, smells and tastes opened in front of me and cooking became a form of a therapy.

Recovery took twice as much time as the time I spent in diseases and stress but I managed to get out of it with more love and respect for my own body and myself. This is the reason why I have decided to share my favorite health food recipes with you, in hope that you will also benefit from them and inspire you to heal your own mind and body, and through well designed and balanced nutrition bring into your own life more health and happiness.

Main Principles of Food for Health during Recovery:

- ✓ As soon as you wake up drink a glass of warm water with a little bit of freshly squeezed lemon, to cleanse the body of toxins accumulated in the stomach and intestines and to lower the cholesterol in the blood. If you suffer from a higher sugar levels in your blood, add some cinnamon to the liquid
 - ✓ Eat smaller portions more often. The size of the portion should be the size of your fist. Use vegetables and fruits often.
 - ✓ Drink a lot of water, make your own juices and drink herbal teas
 - ✓ Reduce the consumption of sweets, white processed flower products and white bread and increase the consumption of unprocessed whole grains, nuts, vegetables and fruits, so that you strengthen your immune system to increase your metabolism
 - ✓ Buy organic fruit and vegetables and products that are not GMOs
 - ✓ Chew your food properly to help your digestive system process the food. The digestion starts in the mouth.
 - ✓ Do not drink during the meal or just after the meal; wait at least ½ hour, so that you do not dilute the stomach liquids that digest the food.
 - ✓ Do not use food items that have additives and nitrates.
 - ✓ If you use vegetables and fruit that might be sprayed, keep it soaked in water with some soda bicarbonate for at least 15 minutes. You might need to reduce the soaking time for strawberries and other berries so that they keep their shape and nutritional properties.
 - ✓ Remove from your diet cakes, sweets, cookies that contain all sort of 'hidden' sugars and instead for your desert use dark chocolate or fruit.
 - ✓ Use butter instead of margarine, eating margarine is like eating plastic.
- ✓ Instead of crisps grissini, and lots of fast food snacks, use nuts, popcorns, and dried fruit.
 - ✓ If you have problems with constipation add oat's bran and linseed to our recommended breakfast. Make sure you take enough liquids so that your stool is regular – daily.
 - ✓ Observe your body. If you suffer from the skin dryness you might lack liquids or have a problem with your digestion system.
 - ✓ Follow the signs of your body. Observe your looks, your skin, eyes, nails and hair, because they might indicate the lack of vitamins, minerals, or problems with some organs.
 - ✓ Don't skip your meals. It is the best to have a routine with your meal timetable. Breakfast is the most important meal of the day. Avoid your dinner so that it does not over-stimulate your stomach during the night. It is the best to have your dinner till 7PM, at least 3 hours before going to bed.
 - ✓ If you suffer from a stomach problem and cannot live without coffee or/and you regularly take medicine, after the glass of water take a tea-spoon of St. John's wort oil for internal use, because its healing properties help the stomach heal its wounds. If you wish to make your own oil use cold pressed extra virgin olive oil mix with St. John's wort (in latin: Hypericum Perforatum) and keep in the light place for 21 days until the mixture gets its red tincture.

Easy and Healthy Recipes

Healthy Breakfast

Oat meal



Extremely good to restore power, especially for people who are tired, lifeless and feeble. Recommended to be eaten, in the morning , for breakfast.

Ingredients for this delicious and healthy recipe:

- one cup of oats
- one cup of milk of your choice (almond milk, soya milk, etc...)
- freshly cut apple or banana
- some raisins or prunes
- pinch of cinnamon
- sweetener after cooking porridge: barley malt or acacia honey
- yogurt (of your choice)

Preparation of this easy and healthy recipe:

In a pot with a thick bottom pour some water and immediately add a cup of oats. The measurement is: 1/3 of oats and 2/3 of water.

Cook on mild temperature and add freshly cut fruit of your choice, dry fruit (preferably soaked overnight), pinch of cinnamon and some milk. Gradually stir so that the mixture does not burnt, until oats are cooked and of a consistency of a porridge. Pour the cooked porridge into a bowl and add some natural sweetener: barley malt or acacia honey, some spices (cinnamon, nutmeg, turmeric) and some natural yogurt or milk of your choice.

You can also add nuts and/or seeds of your choice to this mixture.

Millet Porridge



This porridge has a full range of a natural vitamin B complex. It is especially good for the reconstruction of your hair, nails and skin. Recommended as breakfast meal, because it gives vitality and it is easy for digestion.

Ingredients for this delicious and healthy recipe:

- millets for human use (soaked overnight)
- small amount of nuts
- small amount of dry and/or fresh fruits
- sweeten at the end with maple, barley malt or acacia honey
- natural yogurt of milk by your choice

Preparation of this easy and healthy recipe:

Cook until millet grain swells and becomes soft. If you soaked millet overnight, the cooking process will be very short (5-10min).

Drain water and add fruits and nuts. Add seeds of your choice: sesame, linseeds, sun flower seeds. It is the best to soak seeds for ½ hour before you add them to the mix. Pour the cooked porridge into a bowl and add some natural sweetener: barley malt or acacia honey and some natural yogurt or milk of your choice.

Spice it up with: cinnamon, nutmeg, turmeric, etc.

Semolina Porridge



This is so-called ‘baby food’ and for me this dish falls into a category of comfort foods. It smells and tastes of the childhood. Recommended as breakfast.

Ingredients for this delicious and healthy recipe:

- semolina wheat
- milk of your choice (if you are milk intolerant you can use almond milk, coco milk as an alternative to milk)
- oat or barley flakes (a hand full)
- coconuts flakes (a hand full)
- pinch of yellow sugar
- cocoa or cinnamon
- vanilla stick

Preparation of this easy and healthy recipe:

Boil semolina wheat in milk, on low temperatures. Mix frequently so not to burn the dish. Notice that the grain of semolina will swell. Add oat flakes, and add milk during cooking if necessary. The density should be like the one of the dough for pancakes, not denser.

During cooking add some coconut, yellow sugar with vanilla from the stick. Cooked porridge poured into a bowl and sprinkle with cocoa or cinnamon. For the best taste eat cooled on room temperature.

Rice Porrage

Very mild porridge, especially good when the body is in a process of recovery, or if one does not have an appetite.



Great for cleansing intestines of toxins, extremely nutritious and gives strength.

To prepare this recipe, you can use either white or brown rice. According to new researches white rice is ten times richer in B vitamins and folic acids than brown rice. However the advantage of brown rice is that it contains more fiber, which is better for digestions. The taste of rice is also one of my favorite childhood memories.

Ingredients for this delicious and healthy recipe:

- a cup full of rice (white or brown)
- milk of your choice
- pinch of yellow sugar

- raisins
- punch
- cinnamon
- some grated ginger

Preparation of this easy and healthy recipe:

Boil rice in water on mild temperatures. I usually use cca. 1/3 of rice with cca. 2/3 of water. Note that brown rice needs to be cooked twice as long as the white rice. If you use brown rice cook it on fire without any water until the grain becomes golden. Macrobiotics suggest this way of cooking rice to increase its health properties.

If you are after a special aroma, after you have washed the raisins put them into a punch for 10 minutes or so. When the rice is almost cooked, drain excess water, add milk mixing often, so that the mixture does not burn. Macrobiotics suggest that the rice is cooked on very low heat. Add brown sugar to taste, as well as raisins with the aroma of punch.

When the porridge is ready, put it in a smaller bowl and finish it with the cinnamon on top.

This dish is perfect for breakfast or dessert after the dinner.

Barley Cream



Barley one of the oldest grains, full of fibers, vitamins and minerals – real treasure for your body. It reduces blood cholesterol and sugar absorption, and therefore reduces risk of type 2 diabetes.

Ingredients for this delicious and healthy recipe:

- 100 gr of barley
- 100 gr of ricotta cheese
- 1 spoon of brown sugar or honey
- 1 apple
- juice of one squeezed lemon
- some spoons of chopped almonds

Preparation of this easy and healthy recipe:

Soak barley during the night to soften, and in the morning boil it on mild temperatures until it is ready. You might need only a few minutes of ‘cooking time’.

Drain and put in the bowl for serving. Mash ricotta cheese, grate the apple, and mix with lemon juice and honey or brown sugar. Unite mixture of barley with cheese and apple mixture, and add chopped almonds.

Polenta



for 30-40 minutes on a low fire. If you use an instant polenta, the meal will be ready in less than 5-10min.

Ingredients for this delicious and healthy recipe:

- corn flour
- sea salt
- honey
- goat milk for better digestion (or milk of your choice: soya milk, almond milk etc.)

Preparation of this easy and healthy recipe:

In a pot of boiling water pour corn flour and occasionally stir. If necessary add more flour or water until the mass has a good consistency, with no lumps. Add pinch of sea salt. It will take approximately 10 minutes to cook the instant polenta. If you are into whole-meal, it will take around 30min to cook the mixture. Remove from the stove and allow it to cool.

In your breakfast bowl put a few spoons of polenta, small amount of honey on the top, and pour hot milk of your choice.

Polenta can also be eaten with yogurt or cheese.

If you are into experimenting you can add some corn to it, peas, or a veggie of your choice. Also, add seeds to the mix: sunflower, sesame, linseeds...

POLENTA is great for those who have problems with constipation and hard stools, and it helps prevent hemorrhoids. Try using non-GMO corn flower. Whole-meal flower will take longer to cook. Traditionally this meal was cooked

Scrambled Quail Eggs with Goat Cheese



Quail eggs are beneficial for increasing immunity as well as natural remedy against heart diseases, asthma, anemia, diabetes, blood cholesterol and high blood pressure.

Ingredients for this delicious and healthy recipe:

- a few fresh free-range quail eggs
- sea salt
- young unsalted goat cheese
- sunflower oil (cold pressed)

Preparation of this easy and healthy recipe:

Mix the quail eggs with a fork and add pinch of sea salt until scrambled eggs turn to be soft and airy.

Fry with some sunflower oil and mix. When the eggs are off the heat, add the sliced goat cheese and stir the mixture a little so that the cheese dissolve.

Eat with brown or whole-meal bread.

2-3 eggs per week, contribute to the beauty of skin and hair because of folic acids and B12 vitamin. Boiled eggs are much easier for digestion than fried, and people with gallstones should avoid using eggs.

Roasted Vegetables



A very light dish, inspired with 'full English breakfast', except that instead of baking in the pan, it is roasted in the oven to preserve more nutrition and it is with less fat. Use only seasonal vegetables, preferably organic.

Ingredients for this delicious and healthy recipe:

- organic free-range chicken egg or quail eggs
- sea salt
- ripe tomatoes
- red pepper
- seasonal vegetables (such as: eggplant, zucchini etc)
- goat cheese
- olive oil (cold pressed)
- dry oregano

Preparation of this easy and healthy recipe:

Bake in the oven on 200 degrees the mixture of peppers that are cut in half, tomatoes cut in half, seasonal vegetables cut into slices, and sprinkle with little olive-oil.

Be careful not to burn the items, you would like them just nicely roasted.

After that, you can boil some quail eggs or chicken egg and season them with a pinch of sea salt and dry oregano. Eat with brown or whole-meal bread.

Bread with goat cheese spread



Sesame seeds are full of calcium and are excellent for people who have problems with bones, allergies, teeth or osteoporoses. Goat cheese is easy for digestions, and together with sesame seeds, give very tasty and healthy snack.

Ingredients for this delicious and healthy recipe:

- soft light (unsalted) goat cheese to use it as spread
- sea salt
- sesame seeds (soaked for ½ hour)
- brown or wholemeal bread

Preparation of this easy and healthy recipe:

Fry some sesame seeds in the pan until golden brown. If you want to further preserve the nutrition of sesame seeds soak them over-night and use them raw. Season them with sea salt.

Use freshly made whole-meal bread and spread on it your soft goat cheese. Sprinkle with sesame seeds. Eat with fresh organic tomato or natural yogurt.

Healthy Soups

Leek Soup



**An excellent dish for cleaning your body of toxins and for regulating your stool.
Improves blood count and improves body's regeneration.**

Ingredients for this delicious and healthy recipe:

- a hand-full of chopped leeks
- a hand-full of chopped carrots
- one potato cut in cubes
- a hand-full of peas
- fresh mixture of seasonal green vegetables – a hand-full of each: spinach, broccoli, cabbage, green peppers
- small amount of olive oil
- sea salt
- dill, chives and/or parsley
- Nori Seaweed

Preparation of this easy and healthy recipe:

Briefly fry chopped leek in small amount of olive oil until tender (2-3min). Add chopped carrot, potato and a hand-full of peas. Stir until vegetables are tender, and be careful not to burn them. Add green vegetables of your choice – first add hard vegetables cut into cubes and then add more tender ones. Stir from time to time. Add water so that the vegetables are completely covered, water needs to be 2cm above the veggies. Any leafy vegetables should be added at the very end of cooking. Add fresh or dry spices: dill, chives and/or parsley finally chopped and sea salt to taste.

Cover and cook on low heat for 20-25 minutes. Take off the soup from the heat and mix with hand blender. Put it back on heat for another 5 minutes. The soup should not to be too thick. For extra protein intake add some Nori seaweed to the soup. Serve with a slice of brown bread with homemade pate or goat cheese.

Creamy Pumpkin Soup



The pumpkin soup is very good for your eyesight, because it is full of vitamins A and D. Chinese believe that regular consumption of steamed pumpkin with a bit of honey relieves bronchial asthma.

Ingredients for this delicious and healthy recipe:

- some leek
- one carrot
- one potato
- one bigger slice of pumpkin (cut it in small cubes)
- piece of fresh ginger
- olive oil
- pumpkin seeds (soaked for ½ hour)
- sea salt and pepper
- chive

Preparation of this easy and healthy recipe:

Finely chop leek and ginger and briefly fry in olive oil. Add to the mixture sliced carrots, potato and pumpkin. Stir until veggies are tender. Add water to the stew so that the soup is 2cm above the vegetables. Add sea salt, white pepper and chive. Cover and cook on low heat for around 30 minutes until the pumpkin is soft enough to mash.

Blend the soup with the hand blender and if necessary add some more spices or water to the mixture. The soup should not to be too thick nor too spicy, its mild taste is just delicious. To add proteins, sprinkle it with some pumpkin seeds.

Serve with a slice of brown bread with homemade pate. At the end, you can sprinkle some pumpkin seeds on the top of the soup.

Lentil Soup



My mum is an excellent cook that is very influenced by Mediterranean cooks. This is my mum's favourite soup and I learnt this recipe from her. As a little girl I was thin with weak constitution, and she used to prepare this lentil soup often for strength and health. Lentils are very rich with fibre, full of proteins, iron and a very useful legum to combat anemia.

Ingredients for this delicious and healthy recipe:

- leek
- one cup of brown lentils
- olive oil
- pepper
- dry chili
- sea salt
- a bit of brown sugar
- 5 tomatoes (fresh organic)
- chive and /or parsley

Preparation of this easy and healthy recipe:

Chop leeks and fry for a short period of time in small amount of olive oil.

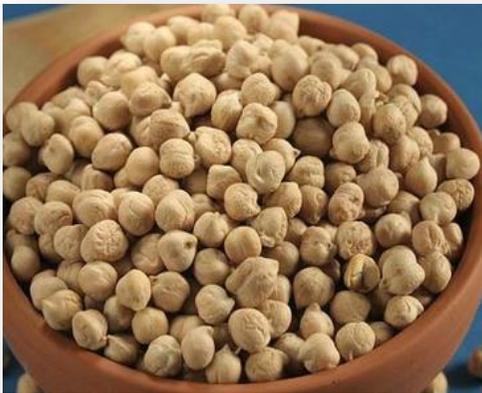
Boil lentils for around 20 minutes and drain them from excess water, put them in the pot with the fried leeks. Fry them all together for a couple of minutes adding some clean water to the mixture, until lentils are fully covered.

Add tomato, cover and cook on mild temperature for 15 more minutes, until lentils are fully tender. Separate a smaller part of the well cooked lentils and blend them within the blender. Add this mix to the soup to thicken it. Add spices to taste, sea salt and brown sugar in order to alleviate acidity of the soup.

Decorate with chive or parsley. Serve with roasted brown bread.

If you are into Indian flavors lentils go really well with curry, cinnamon and cumin.

Soup of chickpeas and wheat



This **healthy and nutritious soup is also passed from generation to generation, the recipe is from my gran-mum. Often prepared during the winter months it is delicious, nutritious and healthy. It is an excellent source of iron and calcium, as well as saturated amino acids.**

Chickpeas have a low hypoglycemic index and may be used by diabetics.

Ingredients for this delicious and healthy recipe:

- 250 grams of chickpeas
- 250 grams of wheat seeds (or hops if you are sensitive)
- olive oil
- sea salt

Preparation of this easy and healthy recipe:

It is the best to boil chickpeas the night before and to leave them in hot water overnight.

Do the same thing with the wheat seeds in a separate pot, until the grain cracks open. Drain and remove the first water, and put the clean one in the mixture of chickpeas and wheat, and cook until it is soft and tender.

Add olive oil and sea salt to your taste.



Veggie Soup



Very **tasty and nutritious soup, full of vitamins and minerals. It is easy and quick to prepare, and it feels wonderful after an exhausting day of work or study.**

Ingredients for this delicious and healthy recipe:

- 1 medium green cabbage
- some leek
- one carrot
- one celery root
- one potato
- can of red beans (pay attention of the composition of the can, choose the one with no additives) or cook red beans the day before
- olive oil
- pepper
- sea salt
- chive or/and parsley
- pumpkin seeds (soaked for ½ hour)

Preparation of this easy and healthy recipe:

Chop the leek into small pieces. Peel the carrot and celery and chop into small cubes. Fry all together in olive oil. When the vegetables are tender, add chopped potato and red beans. Pour about a liter of water, stir and cook on low heat about 20-30 minutes.

After that, cut green cabbage in larger cubes and cook further for about 10 minutes. To thicken the soup, take out some veggies and blend them with the hand blender. Return the mix to the soup.

Leave the red beans in their original shape. Add sea salt and pepper to taste.

Serve and sprinkle with fried pumpkin seeds, chopped chive and parley.

Spinach Soup



Spinach soup is great for anemia and for improvement of cardio functions and blood. Spinach is

is good source of beta carotene, folate from B vitamins group, K vitamin and iron. Chinese use boiled spinach to treat hypertension, constipation, headache and dizziness.

People with the kidney problems need to be careful with spinach, because of the presents of oxalat.

Ingredients for this delicious and healthy recipe:

- half of kilogram of fresh spinach
- two small spring onions
- one cup of boiled rice (white or brown)
- olive oil
- pepper
- sea salt

Preparation of this easy and healthy recipe:

Finley chop spring onions and fry them in small amount of olive oil, until translucent. Remove the pot from fire, cover it, and leave for another 5 minutes, so that the onion almost disintegrates.

Clean fresh spinach and cut it in small pieces and together with already boiled rice add them to the already cooked onions. Cook for around 10 minutes on very low temperature and stir from time to time.

Pour half a liter of water and leave to simmer for another 5-10 minutes. At the end of cooking time add salt and pepper to your taste.

TOMATO SOUCE AND POTATO SALAD



Ingredients for this delicious and healthy recipe:

- 500 grams of fresh tomatos
- 500 grams of fresh cherry tomatoes
- some leek
- olive oil
- pepper
- sea salt
- parsly
- brown sugar
- dry chili

Preparation of this easy and healthy recipe:

Using hot water, remove the skin from large tomatoes. Also, remove the middle part of tomatoes if it is not fully ripe. Chop them in small pieces. It is enough to cut cherry tomatoes in half. Cut leeks in cubes and fry in small amount of olive oil. Stir from time to time and be careful not to burn.

Add tomatoes and cook them together. Add spices to taste: sea salt, pepper, chili and parsley. At the end, add just a bit of brown sugar to increase the sweetness of the sauce. You can serve this tomato sauce with boiled potato salad with freshly cut spring onions, some olive oil and pinch of sea salt.

Add soya crumbles to your tomato sauce for more texture and body.



Tomato is rich with potassium and has powerful antioxidant lycopene. It is very good for heart and blood vessels, tomato is also effective against asthma, allergies, eczema and strengthens the immune system. People who have high acidity should be careful using it in their diet.

Cauliflower Salad



Cauliflower has a number of healing ingredients, it is rich in vitamins, minerals and antioxidants, and low in calories. Can be eaten fresh without cooking, and if cooked one should be careful not to overcook it, not to lose its nutritional value.

Ingredients for this delicious and healthy recipe:

- small head of cauliflower
- boiled egg
- olive oil
- squeezed lemon juice
- a pinch of brown sugar
- white pepper
- sea salt

Preparation of this easy and healthy recipe:

Cook cauliflower but be careful not to overdo it.

Have in mind that cauliflower is delicious even raw.

Separate the flowers, sprinkle with cold pressed olive oil, some lemon juice, pinch of brown sugar, pepper and sea salt.

Decorate within a salad ball and add to it 1 boiled egg and raw veggies of your choice.

For more proteins, add pistachios and pine nuts to the salad

Red beans salad



Beans reduce cholesterol and regulate the level of sugar in blood. Red beans neutralize gastric acid and help people with ulcer and digestion problems.

Because of the level of calcium they help with osteoporosis, and due the phytoestrogens red beans help women in menopause. For some people this

meal might cause gas, so it is very important to soak beans over-night, chew them well and use cumin for better digestion.

Ingredients for this delicious and healthy recipe:

- 250 grams of boiled red beans
- 1 red onion or 1 celery
- olive oil
- squeezed lemon juice
- pepper
- sea salt
- parsley / chive
- cumin

Preparation of this easy and healthy recipe:

Boil beans and soak in hot water over-night.

Remove the first water and add fresh one to boil the mixture again.

Mix boiled red beans with chopped red onion or some fried celery. Add some parsley or chive, coldly pressed extra virgin olive oil, some pepper, cumin and lemon juice.

Red beans salad is an excellent main dish or add-on to other dishes.

Green Beans and Peas Stew



A very simple and delicious nutritional dish that is easy to prepare, and can be eaten hot or cold. The best is to use the fresh green beans in season.

Ingredients for this delicious and healthy recipe:

- 500 grams of green beans
- A hand-full of peas
- two potatoes
- cold pressed olive oil
- sea salt

Preparation of this easy and healthy recipe:

Add cut in cubes potatoes and peas into salty water, and when water starts to boil, add fresh green beans.

The dish is ready when the veggies are boiled.

Note that the fresh peas and green beans are delicious even raw, so do not over-cook them.

Drain them from water and flavor with sea salt and extra virgin coldly pressed olive oil.

You are allowed to lick your fingers - it is so tasty!

Steamed chard with potato



Ingredients for this delicious and healthy recipe:

- one kilo of chard
- few potatoes
- extra virgin olive oil
- sea salt
- pumpkin seeds (soaked for ½ hour)

Preparation of this easy and healthy recipe:

Peel and cut potatoes into cubes and cook within slightly salted filtered water. After around 20-25 minutes, add clean and washed pieces of chard to the same pot.

The stew needs to be cooked only a few more minutes. Drain the water, add sea salt to taste and add cold pressed extra virgin olive oil.

For some extra proteins, sprinkle with pumpkin seeds previously soaked for ½ hour and slightly roasted.

Serve hot!

Chard is a leafy green vegetable often used in Mediterranean cooking

This is an exceptionally dish for the improvement of your blood and against anemia. It is an ancient green that is famous for its nutritional effects. It improves your hair and nails condition.

Healthy Vegetarian Lunch

Vegetables Stew



This dish will be adored by your male family members. They tend to avoid vegetables, but this dish is delicious and quite filling.

Ingredients for this delicious and healthy recipe:

- 1 cup of rice (brown or white)
- sunflower oil
- olive oil
- red pepper or each in every color (yellow, red, green pepper)
- 1 onion or ginger if you do not use onions
- several ripe tomatoes (cherry is fine as well)
- chopped eggplant
- sea salt
- pepper
- chili powder
- brown sugar
- fresh parsley

Preparation of this easy and healthy recipe:

Finely chop an onion or ginger and sauté it within an equal mixture of sunflower oil and olive oil. When the onion goes transparent, remove it from the heat and cover it for a few minutes, until it dissolves. In the meantime, cut peppers and peeled tomatoes. Add them to the stew. Put one tea-spoon of chili powder, freshly chopped parsley and sea salt, pepper, brown sugar.

Add cooked brown rice to the vegetables and sauté it for an extra 10-15 minutes. Add water from time to time to keep the stew soft and delicious. If you like cheese, put some grated parmesan on the top of the dish while serving.

Cooked Spinach



Whether it is Popeye's merit or not, yet I know of no men who does not like this dish. It is absolutely delicious, nutritious and often combined with mashed potatoes.

Ingredients for this delicious and healthy recipe:

- one kilo of cleaned and washed spinach
- ginger and some sea salt
- pinch of whole wheat flour
- sunflower oil
- one cup of milk of your choice (almond, coco, rice, goat, cow's)
- half of kilo of potatoes
- a small piece of butter

Preparation of this easy and healthy recipe:

Boil spinach for only a few minutes in order to preserve its nutrients. Drain it and cut into small pieces. Meanwhile, cut ginger or garlic into very small pieces and fry in sunflower oil, until golden. Mix the already cut spinach into the frying pot. Slowly add milk to the mixture, keeping the creamy consistency. Add sea salt and continue mixing on low heat.

Add a big spoon of whole wheat flour to preserve the creamy mixture.

Peel some potatoes and put into cold salty water to boil. Leave it approximately 20 minutes to cook and when potatoes are tender, smash them with a fork and put some warm milk of your choice in the mixture. Keep mixing until the mixture gets fluffy. At the end put some butter and add some sea salt. This mashed potato is a perfect side dish for your spinach dish.

Green beans with tomatoes



Ingredients for this delicious and healthy recipe:

- one kilo of green beans (the best type is wide yellow / green beans)
- half kilo of ripe tomatoes
- a few cloves of garlic, garlic replacement or ginger
- leek
- olive oil
- sea salt
- parsley

Preparation of this easy and healthy recipe:

Chop leek, fry in olive oil, then add green beans and cook on a very low heat.

After 5-10 minutes add tomatoes, and chopped garlic or ginger for some extra aroma. Cook the meal around 20 minutes, having in mind that the dish needs to be of medium density. From time to time mix and put some water to soften the mix. At the end add some sea salt to taste, add some olive oil and decorate with parsley.

Always try your food and add extra sea salt, freshly ground paper and olive oil to keep it just delicious.

You can also experiment with adding cashews or pine-nuts for extra taste and proteins,

Great combination of veggies, full of fiber and very good for digestion.

Tagliatelle with mushrooms



Ingredients for this delicious and healthy recipe:

- 250 grams of tagliatelle (use the ones made of brown wheat or spelt)
- a few ripe fresh tomatoes
- veggie of your choice: 400 gr of zuchinnis, carrets, or button mashrooms
- one leek
- olive oil
- sea salt
- brown sugar
- chilli powder
- basil (fresh or dry)
- parmesan
- mix of seeds – sunflower, sesame, pumkin, linseeds (soaked for ½ hour and mixed with sea salt).

Preparation of this easy and healthy recipe:

Fry chopped leek in olive oil and after a couple of minutes add some sliced mushrooms. Cook for 5 minutes and add chopped tomato without its skin. Cook the mix for an extra 10 minutes, and season it with some chili powder, basil, sea salt and sugar. Allow the flavors to permeate. Mixture should be soft and creamy.

In the meantime cook the pasta in boiling water for 10min. After it is cooked al dente, put your delicious sauce on top, sprinkle with your mix of seeds and pour grated parmesan on the top.

An easy to cook recipes, perfect for the end of the day when you have just returned tired and nervous from work, and you want to prepare something simple, healthy and warm.

Peas with dill



Ingredients for this delicious and healthy recipe:

- 250 grams of peas
- one piece of leek
- sunflower oil
- fresh dill
- sea salt

Preparation of this easy and healthy recipe:

Chop leeks and fry in hot sunflower oil. Add peas to the fried leek and add to the mix some water, bring to a simmer. Cover loosely and cook until peas are tender

When the meal is nearly ready and peas are soft and tender, put in some fresh dill, olive oil, and sea salt and leave covered for 5-10 more minutes, for the mixture to unite.

If you wish to experiment with spices add to this mixture: 1 teaspoon marjoram, 1 teaspoon basil and 1/2 teaspoon parsley. Just delicious!

You can make a great meal that helps you combat stress from peas. This dish is nutritious and strengthens the weakened organism.

Stuffed cabbage leaves or young nettles with millet



Ingredients for this delicious and healthy recipe:

- 700 grams of green cabbage or young nettles leaves
- olive oil
- 200 grams of millets
- parsley
- chive
- 3 spoons of oat flakes
- some garlic or ginger
- sea salt and pepper

Preparation of this easy and healthy recipe:

Cook millet in water until seeds are soft and tender (20-30 minutes). Leave it for 15 minutes to cool and put some olive oil, oat flakes and one egg making your dish creamy and homogenous. Spice it up with chopped ginger, parsley, chive, salt and pepper.

Wash and clean leaves and soak them in hot water for 1 minute to soften. Be careful not to crush the leaves. Put couple of leaves over each other and fill them with one spoon of millet mix. Roll them slowly.

Place the rolls into a pot next to each other standing upright so that there is no space in between them. Cover the dish with water, season with some sea salt and olive oil and cook on low heat, some 20 minutes. Serve with Greek yogurt.

Popular in Greece, and reminds me of sun, sea and Greek beaches. Easy for digestion and very healthy, full of iron and the complex of vitamin B.

Moussaka with zucchini and soy flakes



A very nutritious dish, popular in Balkan and Mediterranean, full of proteins and fiber, suitable as a main meal for the whole family.

Ingredients for this delicious and healthy recipe:

- 700 grams of potatoes
- leek
- 2 zucchinis
- 300 grams of soy flakes (previously placed in water to soften)
- parsley
- chive
- olive oil
- french cream with low fat
- sea salt
- pepper

Preparation of this easy and healthy recipe:

Clean and wash potatoes and cook them with the skin on. When the potato is cooked, remove the skin and cut potatoes into slices. Let it cool. Preheat the oil, and fry some chopped leeks, then add some soy flakes. Also add parsley, chive, salt and pepper. **You can add to this mixture any type of nuts – cashew, pine-nuts, or ground walnuts.** Grease a baking pan, and layer it first with a layer of potatoes, then a layer of zucchinis with soy flakes and then again with potatoes. Sprinkle each layer with olive oil and a bit of salt.

Bake moussaka on 220 degrees some 30minutes, and at the end put on the top of the dish some French cream. Bake more 5-10 minutes. The dish needs to be golden brown and crispy on the top and soft in the middle.

Pepper stuffed with beans



Beans are full of proteins, good for stool regulations and for digestion.

Ingredients for this delicious and healthy recipe:

- 12 fresh bell peppers
- 300 grams of beans or mix of 150gr brown rice and 150gr millet
- a few fresh tomatoes (for closing the pepper)
- piece of leek
- chive
- parsley
- chilli powder
- sea salt
- pepper
- olive oil

Preparation of this easy and healthy recipe:

Soak beans overnight and cook for about 20 minutes. Throw away the first water. Continue cooking with chopped leek, adding water. Add all your seasonings: chive, parsley, sea salt, pepper, chili powder and cook until tender. Your fill can also be made of a mix of millets and brown rice that are cooked together and seasoned by the same herbs.

Wash the bell peppers removing the stems and seeds. Be careful not to ruin the shape of the pepper. Stuff each pepper with your 'fill' and cover the holes with cut tomatoes. Place in a pot next to each other. Sprinkle with olive oil, cover with water, add salt and chili to taste and bake in an oven for about 45 minutes first on 200 degrees until the top turns into golden brown.

For extra taste and proteins you can add to your mixture some pine-nuts and cashews.

Buckwheat and peas meal



GLUTEN FREE buckwheat is full of carbohydrates and proteins. This dish is full of minerals especially potassium and phosphorus. It reduces high blood pressure, helps to prevent stress, and it is excellent for people with diabetes.

Ingredients for this delicious and healthy recipe:

- 1 cup of buckwheat (soaked over night)
- 2 cups of peas
- 1 cup of mushrooms
- 1 green pepper
- 1 boiled egg for serving
- 1-2 spring onions
- olive oil
- piece of butter
- pepper
- sea salt
- parsley
- chive

Preparation of this easy and healthy recipe:

Soak the buckwheat overnight.

Cook the buckwheat in the boiling water together with peas.

In another pot stir fry mushrooms, chopped spring onion and pepper for 5 minutes and then add cooked buckwheat and peas, adding a small amount of water. Cook for 20 minutes, and add your seasoning: sea salt, pepper, parsley, and chive.

At the end of cooking, add a piece of butter to your dish.

Polenta with zucchini and green beans



Corn flour is very nutritious and good for digestion.

In combination with zucchini and green beans this delicious dish is a perfect warm dinner, which you can serve with the mixed green salad and/or different sort of cheeses.

Ingredients for this delicious and healthy recipe:

- corn flour
- zucchini cut into strips
- a bit of cooked green beans
- olive oil
- sea salt
- mix of seeds: sunflower, sesame, pumpkin (soaked in water for ½ hour)
- grated parmesan

Preparation of this easy and healthy recipe:

Fry zucchini briefly in olive oil.

Put corn flour in the cold salty water until it boils, mixing all the time.

Once the polenta thickens, add some fried zucchini and cooked green beans, and sea salt to taste. Add your mixture of seeds and keep mixing it until you get homogeny mixture, middle density.

You can eat it as it is or for an extra taste pour the mixture into a round pan and bake it for around 30 minutes on 180 degrees until golden brown.

Carrots and beetroots salad



Ingredients for this delicious and healthy recipe:

- 1/2 green cabbage
- ½ red cabbage
- two carrots
- 1 beetroot
- A bit of lemon
- A handful of raisins
- sea salt
- home made mayonnaise or a table spoon of tahini with some olive oil
- your mix of seeds: sunflower, sesame, pumpkin (soaked for ½ hour)
- for an extra flavor add some pine nuts or cashews

Preparation of this easy and healthy recipe:

Grate green and red cabbage, carrots and beetroot.

Add washed raisins soaked for ½ an hour, and put some home made mayonnaise to make the mixture homogenous. Instead of mayonnaise you can also add a mix of tahini and olive oil to the salad.

Mix well and add juice of ½ of a lemon, and sea salt. Add to the salad your mix of seeds and nuts.

This delicious and nutritious salad can be served with baked red potatoes or cooked brown rice.

This cabbage salad is a combination of fibrous vegetables that will enrich your body with vitamins and minerals. It is easy to prepare and excellent to combine with rice or potatoes.

Healthy Snacks and Healthy Branches

Oven Baked Pumpkin



You have probably already tasted this delicious snack as a treat during cold winter evenings.

It is excellent as a health tool for enlarged prostate in men, because it reduces discomfort. Also, eating each day a piece of steamed pumpkin mixed with a bit of honey, reduces bronchial asthma. It is full of vitamin A and D, wonderful for good sight and skin.

Ingredients for this delicious and healthy recipe:

- a ripe pampkin
- raw pumkin seeds
- honey
- cinnamon

Preparation of this easy and healthy recipe:

Cut-out a few slices of a ripe pumpkin and remove its middle. Bake it in the oven at 220 degrees, and sprinkle pumpkin seeds at the end of the cooking time. After around half an hour the pumpkin will form a lovely golden yellow crust. Remove it from the oven and cut it into larger cubes and then return to the oven for another 5-10 minutes of baking. Sprinkle with a tea-spoon of honey and some cinnamon.

For better taste pumpkin seeds can be fried for 5-6 minutes with some sea salt.

Almond Rolls



Almond is full of amino acids that are useful for combating of stress. They are recommended for recovery from the ‘broken heart’ syndrome and they empower the body to overcome obstacles.

Ingredients for this delicious and healthy recipe::

- half a kilo of dry figs and/or dry plums
- 5 table-spoons of brown sugar melted with water to form a syrup or maple or agave syrup
- juice of a squeezed lemon
- 250 grams of ground almonds
- 100 grams of grated dark chocolate
- a few tablespoons of cocoa powder

Preparation of this easy and healthy recipe:

Finely chop dry figs and /or dry plums.

Add half of the mixture of the syrup of your choice.

Be careful when you melt sugar with a bit of water not to burn the mixture or let sugar stick to the pan. Add lemon juice to the dough and mix with your hands until it unifies.

Combine the ground almonds with the remaining mixture of your chosen syrup, and place it on the top of the first half of the dough.

Fold into rolls. Soak them into melted chocolate and sprinkle with cocoa powder.

Cut them into small pieces.

Baked Apple with Walnuts



- **pinch of brown sugar or some agave or maple syrup**
- **200gr grounded walnuts**

Preparation of this easy and healthy recipe:

Core the apple and remove the seeds.

Fill in the hole in the middle of the apple, with a mixture of grounded walnuts and brown sugar.

Bake in an oven for around 20-30 minutes on 200 degrees, until crust starts forming on the top of the apple.

Cool it for a while and eat with a spoon.

This snack is great for all who might have digestion problems.

Ingredients for this delicious and healthy recipe:

- **a couple of apples**

Healthy cake



Ingredients for this delicious and healthy recipe:

- 100 grams of oat flakes
- 100 grams of wheat flakes
- 100 grams of rye flakes
- 100 grams of barley flakes
- 3 dl of squeezed orange or apple juice
- 5 grated apples
- grated lemon rind
- 100 grams of raisins
- pinch of cinnamon
- 3 tablespoons of honey
- nuts - depends on taste (walnuts, almonds, chestnuts, etc.)

Preparation of this easy and healthy recipe:

Mix all the above mentioned ingredients in a homogenous mixture, place into a baking pan and bake for 35 minutes on 200 degrees. This cake can be used for snacks or breakfast.

Whole-grain Wheat with Walnuts

I got this recipe from a young woman who was twice operated from a breast cancer. After the operations, she completely changed her life style, her diet, and the way of treating her body. This is one of her favorite healthy cake recipes.



An extremely healthy treat, full of vitamins B and fiber. A great meal for improving your digestion.

Can be used for as a snack or as branch. This recipe is frequently used in China for curing panic or hysteria in women.

Ingredients for this delicious and healthy recipe:

- 300 grams of boiled whole-grain wheat
- honey
- some walnuts
- some raisins or/and dry plums (soaked in water for ½ hour)
- cinnamon

Preparation of this easy and healthy recipe:

Soak whole-grain wheat seeds during the night and leave them in the hot water.

Cook the mixture and be careful so that the grain does not disintegrate, it just needs to be soft.

Remove access water, add chopped walnuts, dry fruits and small amount of honey. For the best effect put some cinnamon on the top.

Do not forget to chew your food properly!

Fruit Balls



- 250 grams of dry figs
- 250 grams of dry apricots
- 150 grams of ground walnuts
- 2 apples
- brown sugar / maple / agave
- lemon juice from one squeezed lemon
- cinnamon

Preparation of this easy and healthy recipe:

Finely chop dry figs and apricots and grate the apples.

Add to this mixture one squeezed lemon juice.

Add ground walnuts and brown sugar to taste.

Mix everything well until you get a homogeneous mixture.

Form small balls and roll them into cinnamon and ground walnuts.

Delicious and tasty treat that can be used for a snack – a real vitamin bomb!

Ingredients for this delicious and healthy recipe:

Soya Milk Fruit Smoothie



An extremely refreshing drink, full of vitamins and minerals. It is suitable for people who study or perform complex mental tasks. It increases body's level of energy in natural way.

Ingredients for this delicious and healthy recipe:

- ½ a liter of soya milk (I really like the vanilla one) or if you do not drink soya use any other milk of your choice (almond milk or rice milk)
- 1 banana
- Slice of fresh pineapple, papaya
- 1 apple
- honey

Preparation of this easy and healthy recipe:

Mix in soya milk some chopped pineapples, papaya, bananas and apples.

Blend with a hand blender until the beverage is homogeneous and fluffy.

At the end put in a tea-spoon of honey.

This smoothie will be enough for two people and it will give you energy and the feeling of well-being.

Homemade Fruit Yogurt



This is a very healthy beverage for both children and adults, it is refreshing and thanks to lots of fibers from the fruits it will easily satisfy your hunger. This

drink develops mental strength and energy, thanks to the berries and their magical nutritional effect. Combined with honey it is a must for all to try.

Ingredients for this delicious and healthy recipe:

- **1 liter of natural yogurt**
- **A handful of strawberries, raspberries, blackberries or other berries**
- **A tea-spoon of honey**

Preparation of this easy and healthy recipe:

Mix the natural yogurt with all kinds of berries and/or forest fruits that you find on the market. Mix well with the hand blender and add a tea-spoon of honey at the end.

You can use this beverage for breakfast, brunch or a snack.

Walnuts Bomb



If you like something sweet in-between two meals, with your tea, this is the right choice for you. Use one or two walnuts bombs as a sweet natural treat.

Walnuts cleanse the blood, help with lung diseases, strengthen the muscles and relieve indigestions. Chewing slowly raw walnuts is used in China for relieving sore throat.

Ingredients for this delicious and healthy recipe:

- 300 grams of walnuts
- 300 grams of dark chocolate
- 3 tablespoons of milk
- 3 tablespoon of brown sugar
- 6 tablespoon of sunflower oil
- 150 grams of chocolate with 1 spoon of melted butter, for topping

Preparation of this easy and healthy recipe:

Melt the chocolate in a pan with tick bottom.

Chop the walnuts into small pieces, and add to melted chocolate, add brown sugar, milk and sunflower oil. When the mixture becomes homogeneous, spoon them out to make small balls and line them onto a surface covered with a cooking paper. Melt the chocolate and butter for topping and decorate with ready-made beads.

Leave the balls to cool on room temperature and put in the fridge to tighten. Place the prepared chocolate balls in the paper baskets and serve.

Homemade eggplant pate



It is the best to prepare homemade eggplant pate when the locally grown fresh eggplant is in season.

This vegetable is very good for heart and can prevent hardening of blood vessels, contains potassium and regulates blood pressure.

Ingredients for this delicious and healthy recipe:

- 2 eggplants

- a few garlic cloves or ginger if you do not eat garlic
- white pepper
- a few tablespoons of olive oil (cold pressed)
- sea salt
- chive

Preparation of this easy and healthy recipe:

Cut the eggplants in half and bake it in the oven on 180 degrees, until it is soft in the middle.

Remove the middle part of the eggplant and put in the hand blender. Add chopped garlic (or ginger), sea salt, white pepper and olive oil.

Mix it all within the blender.

Let it cool on the room temperature and then in the fridge, and serve it on a hot slice of brown toasted bread.

Healthy Pizzettas



Healthy ‘mouth watering’ small pizzas that are made from remains of your old brown bread.

Ingredients for this delicious and healthy recipe::

- a couple of zucchinis
- homemade tomato sauce
- mozzarella cheese, ricotta or goat cheese
- a few table spoons of olive oil
- a few boiled eggs (if you eat eggs)
- dry oregano

Preparation of this easy and healthy recipe:

Clean the zucchinis and cut into slices.

Prepare the homemade tomato sauce (cook some chopped cherry tomatoes with spices), add cheese on thinly sliced bread.

Bake 10-15 minutes on 200 degrees in the oven, until the bread becomes crispy at the edges. Take out from the oven, pour with a little amount of olive oil, sprinkle with dry oregano and if you wish decorate with boiled eggs rings.

Serve with natural yogurt .

Forest Fruit Salad



This is a super healthy and refreshing snack. Blackberries, walnuts and strawberries are known for their antioxidant capacity.

When mixing fruits, have in mind that acid fruits (cranberries, grapefruit, kiwis, lemons, limes, oranges, pineapples, pomegranates, strawberries, tangerines) combine well with each other and with sub-acid fruits (apples, apricots, berries, cherries, grapes, nectarines, peaches, pears, plums). Sub-acid fruits combine well with each other and with sweet fruits (bananas, dates, dried fruit, figs, grapes, mangoes, papayas). However, acid fruits do not mix well with sweet fruits. Also, because of their high water content, melons are the fastest to digest and should be eaten alone.

Ingredients for this delicious and healthy recipe:

- **seasonal fruits**
- **fruit yogurt**
- **walnuts**
- **cocoa powder**

Preparation of this easy and healthy recipe:

Mix together different fruits, taking care of the fruit combination.

Feel free to add any seasonal fruits, and if needs be cut them into small pieces. Simply put the homemade fruit yogurt on the top and sprinkle with walnuts and cocoa powder.

Enjoy this lovely healthy treat!