

GERMANY

Exchange program



ENJOY A
HEALTHY
LIFESTYLE



Erasmus+



**Vicco-von-
Bülow-
Gymnasium**



RECIPE

First, cut down the tomatoes, green pepper, cucumber and garlic cloves and put them in a big bowl.

Next, add water, vinegar and olive oil. Once done, mix everything up until it's all a red blend.

Add dry bread pieces to the bowl and wait until they absorb the juice before mixing everything again.

Filter the liquid with the help of a colander and a wooden spoon

Add salt, vinegar and olive oil to your liking

Garlic can combat sickness, including the common cold! It improves cholesterol levels and reduces blood pressure! Cucumber and pepper are rich in many vitamins.

For this reason, they improve eye health and reduce the risk of chronic disease!

GAZPACHO

A typical Spanish dish



These healthy but hearty brunch wraps are easy to eat on the go and contain enough nutrition to keep you going until the afternoon.

CRUNCHY BRUNCH WRAPS

RECIPE

Place the eggs in a saucepan of cold water, then put over high heat and bring to a boil. Reduce the heat and simmer gently for 8 minutes. Drain the eggs, crack the shells and put the eggs under cold running water for 2 minutes. Peel off the shells and cut the eggs into quarters.

Meanwhile, put a heavy skillet over medium-high heat. Sauté the pancetta cubes, stirring occasionally, for about 5 minutes, or until it turns golden-brown and the fat runs out. Remove the cubes with a slotted spoon and drain well on absorbent paper towels.

Put the four tortillas on a work surface and divide the spinach leaves among them. Top with egg quarters and sprinkle with the pancetta and pumpkin seeds.