

# HEALTHY AND HAPPY :)

AHEALTHYNEWBEGINNING

## *Healthy bites Booklet*

"Smart choices for a healthy lifestyle"



A healthy diet can help us enjoy a fuller, happier and more complete life. That is, the mood improves and people become more optimistic, creative and efficient. An important part of our daily energy is based on how well we eat. In addition, a healthy diet increases cognitive function in everyone.

A balanced diet includes protein and fats, with an emphasis on vegetables, whole grains and healthy fats. Therefore, eating healthy snacks such as nuts, fruits, yogurt and low-fat cheese is a quick boost for any time of the day. In combination with a sufficient amount of water, moderate consumption of sugar and physical exercise, it greatly strengthens people.

## HEALTHY EATING PYRAMID



In this context, we have prepared a few easy recipes that we can all try.

So, let's cook!!!

## Greece



The Greek cuisine, in common with many other cuisines of the Mediterranean, is founded on the triad of wheat, olive oil, and wine. It uses vegetables, olive oil, grains, fish, and meat. Other important ingredients include pasta, cheeses, lemon juice, herbs, olives, and yogurt. Common dessert ingredients include nuts, honey, fruits, and filo pastries. It continues traditions from Ancient Greek and Byzantine cuisine, while incorporating Balkan and Italian influences.

Our school focuses on snacks that contain locally produced products, typical of the Mediterranean diet. We also suggest buying organic fruits and vegetables from the local open market.



## Recipe 1:



### ***Cheesebread/Olivebread/Raisinbread***

#### ***Ingredients for the dough:***

*1 kg of flour*

*2 bags of dried yeast (16 grams)*

*1/2 cup of olive oil (125 ml)*

*2 cups of warm water (500 ml)*

*1 teaspoon of sugar*

*1 teaspoon of salt*

#### ***For the filling:***

*Approximately 300gr of Feta cheese or olives or raisins according to your taste, you can mix or add anything you like, e.g. sundried tomatoes and oreganon for the Olivebread, dried fruit and nuts for the Raisinbread, ham for the Cheesebread.*

#### ***Instructions:***

- 1. Dissolve the yeast in 1 cup f warm water, add the sugar, mix until you can see bubbles.*
- 2. Add the rest of the ingredients except for the flour, which you will add in parts while kneading, you won't need the whole quantity, just until the mixture is soft and not sticky.*
- 3. When the mixture is ready, put it in a warm place (e.g.in the oven in less than 50 C0) until it doubles in size (1 hour more or less)*
- 4. Spread the dough and add the filling, roll it to create a loaf and bake for almost 1 hour in 175 C*







● SHOT ON UMIDIGI Power 3  
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● SHOT ON UMIDIGI Power 3  
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**Video:** <https://www.youtube.com/watch?v=iuldOxdZzgs>

### *Recipe 2:*



### **Fruit salad**

*Apples, bananas, pears, oranges, kiwis, mandarins, pomegranates, all kinds of seasonal fruit shaping a fruit rainbow, cut into small cubes, served in cups. (Optionally, you can add some drops of honey)*



### *Recipe 3:*



#### ***Cupcakes with yoghurt and honey***

##### ***Ingredients:***

*4 eggs*

*1 carton of strained yoghurt*

*1 cup of honey ( 250 ml)*

*1 cup of sunflower oil*

*1 orange ( juice and zest)*

*1 bag of baking powder (8grams)*

*3 full cups of flour*

##### ***Instructions:***

- 1. Beat the eggs for a few minutes*
- 2. Add the yoghurt and beat for 1-2 minutes*
- 3. Pour the honey, the oil and the orange juice*
- 4. While beating slowly, add the baking powder and the flour*
- 5. Pour the dough in a pan for cupcakes and bake for 45-50 minutes in 175 C*



## Spain



Spanish cuisine consists of the cooking traditions and practices from Spain. Olive oil (of which Spain is the world's largest producer) is heavily used in Spanish cuisine. It forms the base of many vegetable sauces. Herbs most commonly used include parsley, oregano, rosemary and thyme.

## Recipes 1 & 2:

### GREEN SALAD AND FRENCH OMELETTE



First we cut all the vegetables for the salad (lettuce, tomato, cucumber and corn). We mix all the ingredients together and add a bit of olive oil, vinegar and salt.

Then for the French omelette, we need to break and whisk two eggs in a bowl with a little bit of salt. We put the mixture on a hot frying pan with a bit of olive oil too. We make the omelette and put in the middle of a bun. Simple but delicious!!



### BOILED VEGETABLES AND GRILLED TUNA FILLET



#### RECIPE:

- First of all we fill a pan with water and when the water starts boiling we add the vegetables (broccoli, cauliflower and carrots, all clean and cut into pieces). We let it boil for about 10 minutes and then we drain the vegetables and let them cool.
- To grill the tuna we need a frying pan with a bit of olive oil, when the pan is really hot we put the tuna fillet and cook it for about two minutes on each side.
- Finally we put the boiled vegetables and the grilled tuna fillet on a plate and we add some olive oils and salt. A final tip: if we add a bit of lemon juice for the tuna fits perfectly well!!!



## Turkey



Turkish cuisine is largely the heritage of Ottoman cuisine, which can be described as a fusion and refinement of Mediterranean, Balkan, Middle Eastern, Central Asian, Eastern European, Armenian, and Georgian cuisines. Turkish cuisine has in turn influenced those and other neighbouring cuisines, including those of Southeast Europe (Balkans), Central Europe, and Western Europe. The Ottomans fused various culinary traditions of their realm with influences from Mesopotamian cuisine, Greek cuisine, Levantine cuisine, Egyptian cuisine, Balkan cuisine, along with traditional Turkic elements from Central Asia (such as ayran and kaymak), creating a vast array of specialities.

### *Recipe1:*



#### **Raw meatballs**

It is a food of Şanlıurfa and Adıyaman region, prepared by kneading and mixing bulgur, isot, minced meat, tomato paste, onion, parsley and various spices and consumed without heat treatment (cooking). Apart from Şanlıurfa and Adıyaman, raw meatballs, which can show regional differences, are also made in provinces such as Adana, Gaziantep, Diyarbakır, Mardin, Elazığ and Malatya. It is usually served in the form of thin and long (squeezed) meatball pieces and with lettuce leaves. It is consumed with open bread in Şanlıurfa, and with lavash bread in some regions.

#### ***Ingredients:***

*-Bulgur for Meatballs*

*-Mint*

*-Black Pepper*

*-Grated Onion*

*-Grated Garlic*

*-Tomato Paste*

*-Salt*

*-Parsley*

*-Ketchup*

*-Liquid Oil*

*-Isot*

*-Dried Tomatoes*

*-Water*

**Instructions:**

1) *Add Bulgur wheat*

2) *Add mint*

3) *Add the black pepper*

4) *Add tomato paste*

5) *Add salt*

6) *Add ketchup*

7) *Grate onions and garlic*

8) *Add grated onions and garlic*

9) *Mix the ingredients*

10) *Boil the dried tomatoes in the water with the isot to make a special sauce (Do this before starting to make the recipe)*

11) *After mixing the ingredients, pour the sauce on the raw meatball. And keep mixing.*

12) *Add parsley, more sauce and continue mixing.*

13) *Mix it until it sticks to your hand. (Keep adding sauce and a little bit water until it looks like this)*

14) *Add oil and mix it.*

15) *The food is ready now and you can eat it.*



### *Recipe 2:*



#### **Rice pudding**

Among the many milk desserts in Turkish cuisine, one of the most common and well-known ones is rice pudding. Its main ingredients are rice, milk and sugar. Although the consistency varies according to the taste of the people, the generally accepted and liked consistency is that the rice grains are not too hard, but can come into the mouth one by one.

#### ***Ingredients:***

*-1 cup of sugar*

- 1 cup of rice

-1L of milk

-2 cups of water

**Instructions:**

- 1) *Pour the rice in the stewpot*
- 2) *Add 2 cups of water*
- 3) *Mix it with a spoon and light the cooker. Boil it until it boils*
- 4) *When it boils turn the heater to low heat*
- 5) *Bake until rice absorbs water*
- 6) *When it absorbs, add milk*
- 7) *Then mix it with a spoon and turn the heater to high heat*
- 8) *When it boils turn off the cooker*
- 9) *Mix it with a spoon*
- 10) *Add sugar. Mix it. Turn off the cooker. ( The rice needs to be soft)*
- 11) *Put it in little cups while it is hot.*
- 12) *Wait for it to cool.*
- 13) *After it cools, you can add cinnamon( optional)*





### Recipe 3:



#### **Sarma**

Stuffed leaves (Sarma) is a food made by wrapping various internal ingredients, mainly bulgur or rice, usually with white cabbage, black cabbage, mulberry leaves, cherry leaves or vine leaves. It originates from Ottoman cuisine and is made in the lands of the Ottoman Empire. There are different varieties in the form of Tokat, the one with grape leaves, olive oil wrap, which is unique to the Aegean cuisine, or wrap with minced meat.

#### **Ingredients:**

*Ingredients:*

*-500 grams of Tokat leaves*

*-1 lemon*

*-Oil olive*

*For inside:*

*-2 medium onions*

*-1,5 cup of rice*

*-Parsley*

*-1 tablespoon tomato paste*

*-Blackpepper*

*-Chili pepper*

*-Cumin*

*-Mint*

*-Salt*

*-2 tablespoon liquid oil*

#### **Instructions:**

- 1) First of all, the brine leaves are kept in hot water for 2-3 minutes, washed and filtered.
  - 2) Onions are grated in a large bowl and olive oil is poured on it.
  - 3) Wash the rice and add it to the bowl.
  - 4) After adding spices, tomato paste and salt, finely chopped parsley is added and mixed.
  - 5) It is put on the wide part of the leaf from the inner mortar and wrapped by closing it from both sides like a roll. This process is continued until the leaf ends.
  - 6) Add olive oil and lemon slices to the wrapped leaves and add about 5-6 cups of hot water and cook on low heat.
- Enjoy your meal...



## Lithuania



Lithuanian cuisine is generally mild. Potatoes and rye bread are the staple foods and pork are the favorite meat, followed by beef and chicken.

The meal most strongly associated with the Lithuanian nation is the *Cepelinai*, named after Graff von Zeppelin because these potato dumplings are similar in form to airship he invented. A more Lithuanian name for the meal is "*didžkukuliai*" - potato dumplings made from grated and riced potatoes and stuffed with ground meat, dry curd cheese or mushrooms.



Lithuanians like to eat soups (usually served with traditional black rye bread or potatoes) before the main dish. Cold beetroot soup (*Šaltibarščiai*) cold soup dominates over hot soups in summer.

There are many forms of popular pancakes, among them the Samogitian pancakes (*Žemaičių blynai*) filled with minced meat and the Potato pancakes (*Bulvinių blynai*) made of potatoes (vegetarian). Kugelis is similar to potato pancakes but has a more bloated form.

Meat-based main courses include *karbonadas* (a pork steak) and *šašlykai* (grilled fat meat). More exotic are the *Vėdarai* (stuffed pig's intestines) and *Skilandis* (stuffed pig's stomach with ground meat and cold smoked).





Traditional Lithuanian desserts are the šakotis (large circular branching structure similar in taste to German Baumkuchen) and žagarėliai (sweet nicely formed cookies). They are common during festivities, e.g. weddings, christenings and may be bought at shops.





### *Recipe 1*



### **CUCUMBER ROLLS**

#### ***Ingredients:***

*Curd*

*Cucumber (long)*

*Salt*

*Pepper*

*Spinach*

### ***Cream***

*Add the curd, spices and spinach into a blender and blend until creamy.*

### ***Cucumbers***

*Shave the cucumbers into long slices with vegetable peeler. Spread a spoonful of cream over the cucumber slices (also you can add some salmon).*

*Just roll it up, and you're done!*

*Don't forget to pat the cucumber slices dry with kitchen paper, to absorb moisture, otherwise they collapse in no time due to the moisture that comes out of the cucumbers.*

## ***Recipe 2***



### ***Banana and apricot cocktail***

*You need:*

1. 1 unit of well ripened bananas.
2. 6 apricots (do not forget to wash them).
3. 150 grams of Greek yogurt (or coconut milk).
4. 0.5 teaspoon ginger (freshly grated, or you can not add it). Put the sliced banana, apricots and Greek yogurt in an electric blender. Add finely grated fresh ginger. Mix everything in a blender till it's smooth. Pour everything in to a glass and taste it!

Enjoy your drink!

### Recipe 3



#### **COLD BEETROOT SOUP (šaltibarščiai)**

This soup is the best-known Lithuanian soup and has a unique bright pink color. Šaltibarščiai has been the most popular cold soup in the country during the warm season for decades.

#### **You need:**

500g beetroots (boiled or marinated)

200g cucumber

30g spring onions

20g dill

2 boiled egg

1l kefir

salt

#### **How to make**

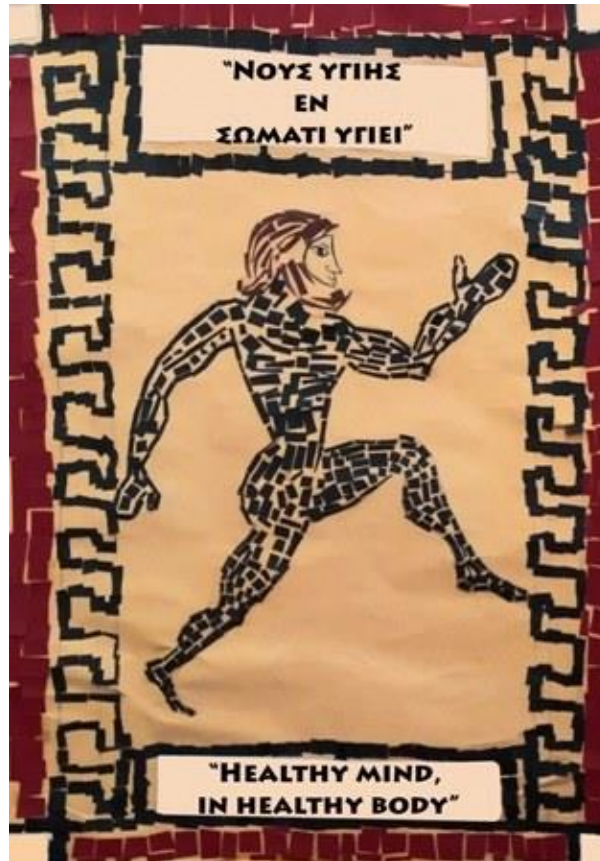
1. Grate a cucumber
2. Grate the boiled or marinated beetroots into the pot
3. Chop the dill and the green onions;

4. Chop up the boiled eggs and add to the soup;

5. Add salt, pour in the kefir and mix everything together.

*It is served with hot boiled or fried potatoes what we usually dip into the soup.*

Enjoy your meals and keep exercising



**ΝΟΥΣ ΥΓΙΗΣ ΕΝ ΣΩΜΑΤΙ ΥΓΙΕΙ**

**HEALTHY MIND IN HEALTHY BODY**