



SPINACH
SALAD



YOGURT
ICE LOLLIES



BANANA
SUSHI



STRAWBERRY
CARPACCIO



STRAWBERRY CARPACCIO

INGREDIENTS

16 fat, ripe strawberries
Balsamic syrup
½ bunch of basil
Olive oil

50 g Parmesan cheese
2 tbsp pine nuts
200 g mozzarella

HOW TO MAKE IT

1. Pick the basil leaves and put them in the blender.
2. Add the Parmesan cheese, the pine nuts and a splash of olive oil.
3. Mix in the blender to create a thick pesto, add as much olive oil as necessary to make it stick. Add salt and pepper to taste.
4. Cut the mozzarella into slices and marinate shortly with the pesto.
5. Remove the tops from the strawberries and cut into thick slices. Sprinkle some balsamic syrup over the top.
6. Place the strawberries on the plate alternating with the mozzarella.
7. Garnish with drops of pesto, some balsamic syrup and fresh basil leaves. Add some freshly ground pepper.

A SLICE OF SUMMER
ON YOUR PLATE!



BANANA SUSHI

INGREDIENTS

2 bananas
1 dl thick cream
4 tbsp coconut flakes
150 g white marzipan

2 tbsp chopped pistachio nuts
1 tbsp Monin Coconut syrup

HOW TO MAKE IT

1. Whip the cream and add half of the coconut flakes.
2. Peel the bananas.
3. Roll out the marzipan into a thin, rectangular slice and spread with a thin layer of coconut cream.
4. Place the bananas on top and roll up as tightly as possible.
5. Coat the outside of the marzipan with a thin layer of coconut syrup and sprinkle with coconut flakes and the chopped pistachio nuts.
6. Cut into slices and serve with chopsticks just like real sushi.

LET'S GO BANANAS!



YOGURT ICE LOLLIES

INGREDIENTS

500 g Greek yogurt
2 bananas
125 g blackcurrants

125 g raspberries
2 large tbsp of honey
200 g mango puree

HOW TO MAKE IT

1. Mix the Greek yogurt with 1 banana and the honey in the blender until smooth.
2. Peel the other banana and cut into slices.
3. Divide the sliced banana, the blackcurrants and the raspberries over the ice lolly moulds.
4. Add some mango puree.
5. Fill 2/3 of the mould with yogurt, add some more mango puree and fill the moulds with the rest of the yogurt.
6. Add sticks or spoons, place in the freezer and leave to freeze for at least 3 hours.
7. Take the ice lollies out of the mould and serve frozen.
8. Garnish the ice lollies to your own taste with fresh fruit, nuts, edible flowers or freeze-dried fruit.

SUMMER
ON A STICK



SPINACH SALAD

INGREDIENTS

Fresh spinach
Handful of strawberries,
Handful of blueberries
A peeled and sliced orange
Mini mozzarella balls

Cherry tomatoes
Fresh basil
Balsamic syrup
Olive oil
Black pepper

HOW TO MAKE IT

1. Put the spinach in a large bowl or plate. (You can also mix the spinach with other types of lettuce)
2. Place the strawberries, blueberries, orange, mozzarella and tomatoes on top.
3. Sprinkle a generous amount of olive oil and balsamic syrup over the salad.
4. Garnish with basil leaves and freshly ground pepper.

FRESH, DELICIOUS AND GOOD
FOR YOUR (SUMMER) BODY!

