

Ledina Smoothie

incredibly moreish



Ingredients

- 50-100 ml water
- 1 apple
- juice of half a lemon
- 3 tablespoons oat flakes
- ½ tablespoon honey
- 1 teaspoon linseeds

Directions

1. Peel the apple, remove the core and cut it into quarters.
2. Put all ingredients into the blender.
3. Your smoothie is done when it has a lovely smooth texture.
4. Pour it into a glass. Decorate it with mint, lemon zest or a pinch of cinnamon.

5 GOLDEN RULES about sustainability

1. Eat locally produced and seasonal food.
2. Buy naturally produced food.
3. Recycle food.
Use different parts of fruit and vegetables.
Do not dispose anything.
4. Use thermally shorter cooking procedures.
5. Grow your own food.



FOOD and SUSTAINABILITY THRIVE (FAST)

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Web: <http://ledina-erasmus.weebly.com/>

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G I M N A Z I J A
L E D I N A

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APPLES as ...

... food.

Apples are considered as rather plain fruit by many people and are often underestimated. However, they offer endless possibilities for the most delicious sweet and savoury dishes, such as smoothies, strudel, cider, apple peel compote, pies, salads and many more.

... a gift.

Apples have a great symbolic value. Among others, they symbolise a long life, immortality, eternal youth. If you want to bring someone an original gift, you can give them a basket full of shiny, colourful apples. And if you want to be extra original, you can engrave a symbol or a short saying into one. A unique present, indeed.



APPLES as ...

... a source of health.

“An apple a day keeps the doctor away.” Apples live up to their reputation. Researches show cardiovascular, blood sugar regulation, anti-cancer and anti-asthma benefits as well as many others. Apples are rich in **vitamin C** and **antioxidants**, and reasonably rich in **fibre**. It is always better to choose a fresh fruit over the apple juice.

... art.

Food creations are a nice way of serving a desert. Apples are easy to get, they are relatively cheap, come in different colours, tastes and sizes. Apples have a nice shape and are therefore very suited to be turned into an animal, a flower, a monster etc.

The sky
is
the limit.



Dried Apples

Ingredients

- (peeled) apples

Directions

1. Remove the skins (optional), bruises, soft spots. Core and slice the apples.
2. **Food dehydrator:** Arrange the apples on racks. Dry for 12 to 24 hours (60°C).
3. **Oven:** Preheat the oven to 65°C. Arrange the apples on cake racks. Dry for 10 to 20 hours. Rotate the shelves and move them up or down to get even heating.

“NO WASTE”
ideas

Apple peel compote

Ingredients

- apple peels
- 1 tablespoon fresh lemon juice
- sugar, cinnamon and cloves to taste

Directions

1. Put the apple peels in a large pan.
2. Add water and the ingredients.
3. Put the lid on the pan.
4. Bring the water slowly to the boil.
5. Remove the lid slightly.
6. Simmer over medium heat until the peels are tender (about 10 minutes).

