



HEALTHY NUTRITION GUIDE



Sabores Sabios

COCINA NATURAL



LAURA HEREDIA

MY PASSION:

To cook with love, to cook with what is there and create a delicious dish honoring mother earth in each preparation. Nothing is more healing than putting our hands with joy and love into that which we will eat and share.

.....

HOW TO START THE DAY

During the night our digestive organs perform cleaning and maintenance tasks. This is why in the morning we might wake up with eyelid crusts or a dirty tongue (these are toxins that our body is letting out). The more toxins we have, the more crusts and dirty tongue we will have.

So in the morning, before drinking water and drinking these toxins back, it is better to brush your teeth and tongue very well.

Once this is done, hydration! This is very important to put our digestive system into operation again, nurture our cells and eliminate toxins.

Drink a glass of warm/hot water with half lemon juice. This will help you to alkalize the blood, activate the liver, clean up waste and stimulate your lymphatic and immune system.

Actually, this is an ideal routine to incorporate in each day of your life!

To continue, nothing better than stretching yourself and becoming aware of the new day doing some conscious breaths and a brief meditation or thankfulness.



SPINACH, APPLE AND CELERY SHAKE

- 1 cup of spinach
- ¼ cucumber
- 1 stem of celery
- 2 apples
- 1 lemon juice
- Water

Shake all ingredients in the mixer.

GREEN SHAKE

- 5 spinach leaves
- 1 green apple
- ¼ cucumber
- 1 lemon (juice)
- water



WATERMELON SHAKE

- 1 watermelon cup
- Little water
- Wheatgrass
- Spiruline



VEGGIE BURGUER



Burgers made of beans and spinach are a very nutritious dish.

The recipe with aduki beans is very beneficial for health because of its minerals and because aduki beans are low in fat, allowing you to prepare low-calories recipes.

Ingredients:

- Aduki/ Azuki beans – 100gr
- Spinach 100gr
- Parsley
- 1 green onion
- ½ red pepper in pieces
- Kombu seaweeds
- Olive Oil
- Salt
- Pepper
- Sweet pepper

Preparation:

Pour aduki beans in a bowl with water, and let them hydrate for three hours. Then remove the water, take them to a cooking pot, cover with water, and cook at strong heat with a little bit of kombu seaweed. When water starts boiling, reduce heat up to middle heat and let cook for 30 or 40 minutes. They will be ready when they can be crushed with the fingers. Percolate and make puree out of them.

In the meantime, wash out spinach leaves and cut off stems. Steam cook them until they become soft, just for a few minutes. Press them to dry them out. Chop spinach and mix with aduki puree. Best scenario is doing it with a food processor but it can also be made manually with a puree crushing tool.

With a little of olive oil, brown green onions and chilli small cubed shaped chopped, add salt and pepper.

Mix all ingredients until you form a mash, and add finely chopped parsley.

Cook in the oven until brown with a little oil in the roasting pan.



QUINOA SALAD



Ingredients:

- 200 g quinoa
- Chopped parsley
- Tomato cut into cubes
- Salt
- Lemon juice
- Olive oil

Preparation:

Mix the quinoa (previously boiled) with the rest of the ingredients in a bowl and serve.

CHIPÁ



Ingredients:

- 300 gr of cassava starch
- 200 gr of semi hard cheese
- 100 gr of grated parmesan
- 75 gr of butter/fat
- 1 egg
- 150 ml of milk
- 1 teaspoonful of sea salt

Preparation:

Mix 300 gr of cassava starch with 75 gr of fat ointment, form a mash, add a tablespoon of salt.

Cut semi hard cheese into small pieces (Mar del Plata type) and mix with the grated parmesan.

Shake 1 egg with 150 ml of milk, join the two preparations.

Take into the oven well heated.



SUGARLESS TRUFFLES

DATES, CACAO AND COCONUT



Ingredients:

- 150 g of dates
- 4 tbs of cocoa powder
- 1 banana
- 100 g of walnuts
- 50 g grated coconut

Preparation:

Let dates soaking for 4 hours, they can also be plums without the stone. Mix it with cacao powder, until it gets a thick consistency. Add a banana, nuts or grated coconut. Form small balls and pass them through cacao powder and grated cococonut. Take them to the freezer for 2 or 3 hours.

CHOCOLATE MOUSSE RAW CAKE



Ingredients:

For the base

- 1 cup of dates
- 1 cup of raw cashew nuts
- Orange juice of half an orange

Stuffing

- 4 Avocados
- 2 mature bananas
- 4 tablespoon of cacao powder
- Honey at will

Preparation:

Let the cashew nuts soaking for a minimum 4 hours.
Process dates with orange juice. Oil a kitchen mould and stretch the preparation well compacted. Take it to the freezer for 1 hour.
For the stuffing, process bananas, avocados, cacao and honey. Add the mixture to the base and take back to the freezer for 3 hours. You can also make only the mousse and serve it in small bowls without freezing them, and decorate it with granola, fresh fruits or nuts.





Sabores Sabios

COCINA NATURAL

FOLLOW US



GRAPHIC DESIGN
nadiaagudiak.com.ar