



Spring Day #6

Breakfast: kiwis and strawberries



Ingredients:

1 kg / 2.2 lbs kiwis (edible part measured)
200 g / 7 oz strawberries

Preparation:

Peel the kiwis.

Remove the stems and leaves from the strawberries.

Slice the kiwis and strawberries.
Serve the slices fruit on a plate.

Enjoy this green-red combination!

Calories: 670 **sugars / proteins / fats:** 86% / 7% / 7%



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Lunch: bites in sweet sauce



Ingredients:



700 g / 25 oz bananas (edible part measured)
6 dates 1 tablespoon of raw carob powder
a pinch of nutmeg
1 cup of filtered or distilled water*

*Advice:

Optionally, you can warm up the water to get a warm sauce.

Preparation:

Peel the bananas.

Chop up the bananas into round pieces.

Place the chopped bananas into a bowl.

Depit the dates.

Place the dates, carob and water into the blender.

Blend these ingredients into a sauce.



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Health
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Pour the sauce over banana bites.

Enjoy!



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Calories: 990 sugars / proteins / fats: 93% / 4% / 3%



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Dinner: red deliciousness

Apple - Beet Juice

+

Salad with Minced Beet



Ingredients for the juice:



2 Granny Smith apples

1 beet

Preparation:

Cut the apples in halves.
Remove the stems and seeds from the apples.
Slice the apples finely.

Peel the beet.
Slice the beet finely.

Juice alternatively the apple and beet slices.
Save the pulp.

Serve the juice in a glass.



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Ingredients for the salad:



- 2 heads of lettuce
(I suggest butterhead, but the choice is yours)
- juice of $\frac{1}{2}$ of a lemon
- 30 g / 1 oz sunflower seeds
- 200 g / 7 oz spinach
- 1 glass of filtered or distilled water
- apple and beet pulp

Preparation:

Soak the sunflower seeds for a couple of hours.*

Rinse the sunflower seeds.

***Advice:**

Nuts and seeds require soaking prior to use, since soaking removes the phytic acid in them and rehydrates them partially. Phytic acid is an anti-nutrient which binds with minerals making them unusable by the body. Rehydration makes nuts and seeds easier for digestion.

Wash the lettuce.

Dry the lettuce in the salad spinner.

Chop up the lettuce.

Place the lettuce in a bowl.

Wash the spinach.

Dry the spinach in the salad spinner.

Cut the lemon in half.

Juice ½ of the lemon.

Place the lemon juice, spinach, water and sunflower seeds into the blender.

Blend these ingredients into the dressing.

Add the dressing to the lettuce.

Massage the dressing into the lettuce well.

Enjoy!



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Calories: 560 sugars / proteins / fats: 60% / 12% / 28%

Total for this day:

calories: 2,220 sugars / proteins / fats: 82% / 7% / 11%



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