

RECIPE



RECIPE TITLE

Breakfast smoothie bowl

serves 2

Preparation time: about 35 minutes

FROM THE FEATURE

bright & dark

CONTRIBUTOR

Alnatura
www.alnatura.de

SISTERMAG

N°23

INGREDIENTS

Smoothie:

100 g Alnatura frozen raspberries

160 ml Alnatura fruits and vegetable juice "carrot"

100 g semi frozen banana

Topping:

1 small orange or blood orange

1 green kiwi fruit

1 small apple (or pear)

2-4 heaped tbsp Alnatura Crunchy

2 EL Alnatura coconut flakes

Alnatura chia seeds*

STEPS

1. Thoroughly blend the ingredients for the smoothie with a hand held blender or in a food processor. Peel any additional fruit and cut in to small dices, where applicable.
2. Divide smoothie between two bowls and sprinkle with topping.
3. * According to the EC regulation concerning novel foods the maximum daily intake is 15 g. Due to their absorbing properties, consume with sufficient amounts of fluids.

Variations

Alternatives to juice? How about swapping the juice for some Alnatura Coco Drink Mango or almond milk?

The smoothie base For improved creaminess and richness blend in half an avocado or stir in a dollop of Alnatura nut spread.

The Topping Robust yet fruity, that's the way to go! As an alternative to chia seeds try Alnatura flax seeds or roasted nuts. Mix up your choice of fruit each day.

RECIPE



RECIPE TITLE

Oriental bowl for your lunch break

serves 2

Preparation time: around 35 minutes

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INGREDIENTS

125 g Alnatura millet

1 carrot

1 apple

Alnatura lemon juice

Alnatura raw cane sugar

Alnatura sea salt

Alnatura black pepper

5 twigs fresh coriander (cilantro)

1 small kohlrabi

1 small onion

3 tbsp Alnatura garden vegetable spread "spinach walnut"

1 tbsp Alnatura olive oil

100 g Alnatura chickpeas, drained

40 g pomegranate seeds

STEPS

1. Cook millet according to package instructions. (This can be done on the day before.)
2. Peel and grate carrot and apple. Stir with lemon juice, sugar, salt and pepper to taste. Finely cut cilantro and stir in. Peel kohlrabi, cut into small sticks and boil in lightly salted water.
3. Peel onion, cut in half and slice finely. Stir olive oil into spinach walnut spread then add onion, chickpeas and pomegranate seeds and stir to mix in.
4. Stir cooled millet into mango curry papaya spread.
5. Divide millet mixture into two bowls, this will form the base. Then add chick pea salad and top with kohlrabi and carrot apple salad. Sprinkle with feta cheese and sprouts.



CONT.

4 tbsp Alnatura spread Mango-Curry-Papaya

1 glass Alnatura beet root, drained

40 g Alnatura feta cheese

10 g Alnatura alfalfa sprouts or any other sprouts of your choice

Variations

6. Alnatura taboulé, quinoa or pulses make an excellent alternative for the base. Tip: Prepare the base for several days in advance for quicker preparation.
7. The star of each topping and the key to variety: vegetables – from fresh greens of the day to Alnatura’s frozen broccoli. Spice it up: add a few slices of Alnatura Veggie “Salami” for some extra zing.
8. Thanks to the wide range of Alnatura spreads this bowl recipe offers countless possibilities. Curry mango papaya promises an exotic adventure.

RECIPE



RECIPE TITLE

Mediterranean dinner bowl

serves 2

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INGREDIENTS

120 g Alnatura quinoa

170 g small tomatoes

200 g brown mushrooms

6 balls Alnatura mozzarella minis

250 g courgette

2 Alnatura Mediterranean patties

4 twigs fresh basil

About 5 tbsp Alnatura olive oil

Alnatura balsamic vinegar

Alnatura sea salt

Alnatura black pepper

1–2 heaped tbsp Alnatura capers

1 heaped tbsp Alnatura Pesto Verde

1–2 pinches of Alnatura oregano (dried)

4–5 tbsp Alnatura tomato sauce "Tuscanny"

STEPS

1. Prepare quinoa according to package instructions.
2. In the meantime cut tomatoes and mushrooms into quarters (or smaller if necessary). Cut the mozzarella balls in half and dice the courgette. Cut the patties into sticks of 1cm width (0.4"). Chop basil.
3. Mix the tomatoes and mozzarella balls and season with 1 or 2 table spoons of olive oil, vinegar, salt and pepper.
4. Fry the mushrooms in 1 table spoon of oil until golden-brown. Add capers and continue frying for a short while. Season mushroom mix with pesto, salt and pepper to taste.
5. Reheat olive oil, then add first the courgette and season with oregano, salt and pepper then, placing the vegetable on one side of the pan, fry the patty sticks.



CONT.

4 tbsp Alnatura Origin Kalamata olives

4 tbsp Alnatura garden vegetable spread „fennel pear“

2 tbsp Alnatura salad seeds mix

6. Heat the tomato sauce and stir in the boiled quinoa.
7. Divide the tomato quinoa mixture between two bowls, this will form the base. Then add tomato salad, mushrooms, courgette and patty sticks and top with olives and fennel pear spread. Sprinkle with basil and salad seeds mix.

Variations

8. Try Alnatura pulses or spelt pasta as an alternative base. Tip: Prepare your chosen base on the day before. For an even quicker bowl try Alnatura mie noodles!
9. Stock up on Alnatura dry mix for burger or falafel. It's a great addition to any larder and will help you prepare a meal in no time.
10. A crunchy mix gives any spread a run for its money as a topping. Instead of nuts and seeds try sprinkling your bowl with little bits of Alnatura chia crispbread.