



Metabolomic Nutrition



RECIPES BOOKLET



METABOLOMIC MEDICINE®
HEALTH CLINICS FOR AUTOIMMUNE AND CHRONIC DISEASES



SPELT FLOUR BREAD



Metabolomic
Nutrition



INGREDIENTS

- 500 grams of spelt flour
- 1 organic yoghurt 2% fat
- 2 tablespoons of organic extra virgin olive oil
- 1 teaspoon of organic baking soda
- Some crushed flaxseed
- 1/2 to 1 tablespoon of honey (that will be melt in some hot water)
- Unrefined natural sea salt



DIRECTIONS

1. In a bowl place most of the flour with a pinch of salt, honey, soda, flaxseed and oil
2. Stir the yoghurt in lukewarm water until it becomes pulp and knead it all together slowly
3. Add as much flour and yogurt as possible to homogenize the dough, so it does not stick to your hands. Shape it in any form you like
4. Preheat the oven for a while at 180 °C degrees
5. Place the dough in an oiled pyrex and cook for 50 minutes



USEFUL TIPS

No need to let the dough rise

The most delicious and healthy bread. Ideal for breakfast and lunch - try it!



ALMOND & COCONUT BREAD



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Nutrition



INGREDIENTS (For 4-6 people)

- 2 cups of cleaned almonds (crushed almond crumb)
- 2 tablespoons of coconut flour (crushed coconut crumb)
- ¼ cup of flaxseed powder (gold or brown)
- ¼ teaspoon of natural unrefined sea salt
- ½ teaspoon of baking soda
- 5 free range eggs
- 1 tablespoon of coconut oil
- 1 tablespoon of honey
- 1 tablespoon of cider vinegar



DIRECTIONS

1. In a bowl add the almonds, coconut flour, flaxseed powder, salt and baking soda and stir
2. Then add the eggs, oil, honey and vinegar and mix with a spatula. The mixture will look like a firm porridge
3. Place the mixture on a greased baking pan and bake at 180 °C for 30 minutes
4. Allow the almond & coconut bread to cool and cut into slices



USEFUL TIPS

The almond & coconut bread accompanies food ideally, or even works as the base for a delicious sandwich.



ALMOND BREAD



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Nutrition



INGREDIENTS

- 3 large free range eggs
- 75 grams of almond flour
- 1 1/2 teaspoon of baking powder
- 2 teaspoons of organic cow, goat or sheep butter
- Pepper
- Unrefined natural sea salt
- 1 teaspoon of garlic powder
- 1 teaspoon of oregano
- Optionally: chopped olives and other herbs of your choice



DIRECTIONS

1. Preheat the oven to 200 °C degrees
2. Add all the ingredients in a bowl and mix until you get a smooth mixture
3. Pour the mixture in a buttered cake form, about 20 centimeters wide. You need a thin layer of the mixture that spreads all over the base, about half an inch thick
4. Bake in the oven at 200 °C degrees for 20 minutes



USEFUL TIPS

A slice of the almond bread corresponds to the volume of your palm.



CAULIFLOWER BREAD



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INGREDIENTS (for 8 slices)

- 2 cups of grated cauliflower
- 4 free range or organic eggs
- 1 cup of almond flour (peeled or whole)
- 3 teaspoons of turmeric
- ½ teaspoon of Himalayan salt or natural unrefined sea salt



DIRECTIONS

1. Preheat the oven to 180 °C
2. Use a spoon to mix all the ingredients in a bowl
3. Use a rectangular baking pan, put a baking sheet on it and pour the mixture. Make sure it has a thickness of 2cm
4. Bake for 30 minutes or until it gets a brown colour
5. Allow it to cool and then carefully remove the baking paper by turning the baking pan upside down
6. Store the bread in the fridge for up to a week



GLUTEN FREE BUCKWHEAT BREAD



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Nutrition



INGREDIENTS (For 4-6 people)

- 400 grams of buckwheat flour
- 1 teaspoon of dry bakery yeast
- 1 teaspoon of unrefined natural sea salt
- 400 grams of water



DIRECTIONS

1. Stir the yeast in a bowl of warm water
2. Stir all the ingredients with a fork in a bowl
3. Pour the mixture into a buttered baking pan
4. Cover the pan and place it in a warm room or in a hot oven. The dough needs 1 to 2 hours to puff
5. When the dough is ready, place the baking pan in the preheated oven and bake for 50 minutes to one hour



INGREDIENTS

- 3 large free range eggs
- 75 grams of almond flour
- 1 1/2 teaspoon of baking powder
- About 2 teaspoons of sweet organic cow butter
- Pepper, salt
- 1 teaspoon of garlic
- 1 teaspoon of oregano



DIRECTIONS

1. Preheat the oven to 200 °C
2. Add all the ingredients in a bowl and mix until a smooth mixture is made
3. Then add the mixture to a buttered cake form, about 20 centimeters wide. Basically what you want is a thin layer of the mixture that spreads all over the base, about half an inch thick
4. Bake in the oven at 200 °C for 20 minutes



USEFUL TIPS

- Cut the Keto bread into slices and fill with delicious healthy alternatives, such as avocado, various selection of cheeses, Parma prosciutto, vegetables, sugar-free noodles or homemade mayonnaise



COCONUT FLOUR TOAST BREAD



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INGREDIENTS

- ½ cup of coconut flour
- ¼ cup of coconut oil melted
- 4 free range eggs
- ¼ teaspoon of unrefined sea salt
- ½ teaspoon of cider vinegar
- ½ teaspoon of baking soda



DIRECTIONS

1. Mix well all the dry ingredients in a bowl
2. Add all the liquid ingredients to the same bowl and mix until the mixture is homogenized
3. Place a baking sheet on the baking pan
4. Use a spoon to take 2 tablespoons of the mixture and spread it on the paper
5. Spread the mixture with the back of the spoon into a square shape (the mixture sticks somewhat but try to straighten it as best as you can)
6. Repeat with the rest of the mixture
7. Bake in the oven at 175 °C for 15 to 20 minutes (the edges will brown gently when ready)



BREADSTICKS WITH WHOLEGRAIN FLOUR OR SPELT FLOUR



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INGREDIENTS

- 50 grams of extra virgin olive oil
- 300 grams of spelt flour or wholegrain flour, or a mix of both flours
- 130 ml of water
- 1 pinch of unrefined natural sea salt
- 1 pinch of baking powder
- Optional: add to the mix nuts or seeds of your choice or olives, olive paste or sun-dried tomato
- Optional: sesame seeds, sunflower seeds or poppy seeds



DIRECTIONS

1. Mix all materials together
2. Mold the dough in sticks
3. Bake in the oven for 15-25 minutes at 180- 200 ° C



USEFUL TIPS

You might need to add some extra flour in the mixture to absorb extra moisture



BREADSTICKS WITH ALMOND FLOUR



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Nutrition



INGREDIENTS

- 165 grams of almond flour
- 3 tablespoons of coconut flour
- 2 tablespoons of coconut oil, melted
- 3 free range eggs
- 1 garlic clove, finely chopped
- 1 teaspoon of dried basil
- ½ teaspoon of oregano
- ½ teaspoon of unrefined natural sea salt
- ½ teaspoon of baking powder



DIRECTIONS

1. Whip the eggs in a small bowl
2. In a second bowl mix the almond flour, the baking powder, the salt and the coconut oil
3. Add the whipped eggs and mix
4. Add the coconut flour to the bowl, one tablespoon at a time
5. After each spoon, leave the mixture for 1 minute to absorb the flour
6. Add the next tablespoon and repeat until you have a dough that is easily kneaded
7. Preheat the oven to 180 °C degrees
8. Apply a baking sheet on a baking pan
9. Open the dough on a long cord and mold it into sticks
10. Put the sticks on the baking pan
11. Bake in the oven for 10 minutes
12. Whip the remaining egg and add a little water
13. Mix the chopped garlic, basil and oregano in a bowl
14. Remove the breadsticks from the oven, dip a brush into the egg and spread it on the bread sticks
15. Sprinkle the breadsticks with the spice mix
16. Put the breadsticks back in the oven and bake for another 4-5 minutes until they turn golden brown



OAT BISCUITS WITH DRIED NUTS



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Nutrition



INGREDIENTS

- 1-2 free range eggs
- 70 grams of organic butter melted
- 3 tablespoons of date powder or 2 tablespoons of stevia
- 1-2 tablespoons of cinnamon
- 2 sachets of vanilla powder
- 1 glass of oatmeal
- 3 tablespoons of indian nutmeg
- ½ glass of roasted hazelnut
- ½ glass of almonds flakes
- 1 tablespoon of crushed flaxseed
- 1 tablespoon of baked sesame seeds
- 2 tablespoons of almond flour or coconut flour
- Some cognac



DIRECTIONS

1. Use a whisk to mix well the eggs, butter, date, stevia, cinnamon and vanilla
2. Mix all other materials separately
3. Combine the two mixtures altogether
4. Place a baking sheet on a baking pan. Mold the dough in small balls with a spoon and leave a small distance from each other
5. Place another baking sheet on top and press each ball to make it thin. Remove the top baking sheet carefully
5. Preheat the oven to 150-160 °C and bake for 13 to 15 minutes
6. Remove the baking pan from the oven and allow it to cool down
7. Store the biscuits in a hermetically sealed container so they do not soften



USEFUL TIPS

You can replace the eggs in the recipe by adding a little more cognac



COOKIES WITH SESAME SEEDS & TAHINI



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INGREDIENTS (For 4-6 people)

- 1/2 cup of sesame seeds
- 1 1/2 cup of almond flour (crushed almonds)
- 1/2 teaspoon of baking soda
- 1/4 teaspoon of unrefined sea salt
- 1/3 cup of honey or stevia
- 1/3 cup of tahini
- 1 teaspoon of vanilla extract



DIRECTIONS

1. Preheat the oven to 180 °C and spread 2 baking sheets into 2 baking pans
2. Put the sesame seeds in a bowl
3. In a separate bowl, mix the almond flour with the baking soda and the salt
4. In a large bowl, mix the honey with the tahini and the vanilla extract
5. Unite the two mixtures and stir well to homogenize
6. With a teaspoon roll the dough into balls and roll each ball into the sesame bowl
7. Place the cookie dough balls in the baking pan leaving 2cm of space among them
8. Bake the cookies for about 8 minutes in the preheated oven until they get a nice color



AVOCADO COOKIES



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INGREDIENTS

- 1 large ripe avocado
- 40 grams of spelt flour or almond flour
- 50 grams of sugar-free cocoa
- 50 grams of inocard or cocoa
- 5 grams of organic baking soda
- 1 free range egg
- 2 tablespoons of coconut oil, frozen
- 1 vanilla sachet or vanilla extract
- 15-20 grams of stevia



DIRECTIONS

1. Preheat the oven to 160 °C
2. Mix the avocado, the egg, the stevia, the vanilla extract, the coconut oil in the food processor and mix
3. Place all the liquid and solid ingredients in a bowl and mix them well
4. Line a baking tray with parchment paper
5. Use a spoon to apply the mixture on the tray in small circles
6. Bake for exactly 10 minutes



COCONUT COCOA TRUFFLES



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Nutrition



INGREDIENTS

- ½ cup of coconut oil
- ½ cup of honey
- ½ cup of sugar-free cocoa
- 1 tablespoon of sweet vanilla extract
- 2 cups of grated coconut
- for sprinkling: coconut or sugar-free cocoa



DIRECTIONS

1. In a bowl pour the oil, honey, cocoa and vanilla and mix with a wooden spoon
2. Add the grated coconut and mix
3. Make balls and sprinkle them with grated coconut
4. Place a baking sheet on a plate and put the truffles. Alternatively you may put them in small individual muffin papers
5. Place the truffles in the refrigerator for 20 minutes and serve



CARROT & ALMOND CAKE



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Nutrition



INGREDIENTS

- 3 cups of almond flour
- 3 cups of ground carrots
- 5 free range eggs
- 100 grams of cranberries
- 200 grams of crushed walnuts
- 2 tablespoons of stevia
- 1 tablespoon of cinnamon
- 2 teaspoons of baking soda



DIRECTIONS

1. Mix all the dry ingredients together in a bowl and add the ground carrots to the mix
2. In a separate bowl, beat the egg whites to make a meringue and then add the egg yolks
3. Unite the two mixtures and blend to homogenize
4. Pour the homogenized mixture in an oiled baking pan
5. Bake at 170 to 180 °C for 35 minutes



FLOURLESS CAKE WITH RICOTTA CHEESE, ALMONDS & LIME



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Nutrition



INGREDIENTS

- 4 free range eggs
- 1 teaspoon of liquid stevia
- 240 grams of almond powder
- 250 grams of ricotta cheese
- 1 teaspoon of liquid vanilla
- 2 lime, zest
- 100 grams of almond slices
- some sweetener for garnish



DIRECTIONS

1. Preheat the oven to 160 °C
2. Separate the egg yolks from the egg whites in two bowls. Blend the yolks with the stevia in the mixer until they are slightly puffed
3. Add the ricotta cheese, the vanilla, the zest and the almond powder and mix until the ingredients are homogenized
4. Mix the egg whites in a tight meringue and add it slowly to the yoghurt mixture, stirring very gently with a silicone spatula
5. Butter and flour a 12-socket muffin dispenser or a round 20 cm diameter mold and fill it with the mixture
6. Sprinkle with almonds and cook about 25-30 minutes (or 50 if you use large form)
7. Allow to cool well, sprinkle with the sweetener and serve



PANCAKES



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Nutrition



INGREDIENTS

- 2 free range eggs
- ½ cup of savory apple puree or ¼ cup stevia
- ½ cup of hazelnut butter, almond butter, macadamia butter, or cashews butter
- ¼ teaspoon of cinnamon
- ¼ teaspoon of vanilla extract
- Coconut oil



DIRECTIONS

1. Mix all the ingredients together -except for the coconut oil- until you have a homogeneous mix
2. Put some coconut oil on a non-stick frying pan or skip this step if you are using a crepe maker
3. Use a spoon and pour a spoonfull of the mix in the frying pan. Allow it to cook at low-medium heat for 1-2 minutes
4. Turn the pancake on the other side and cook for another 1-2 minutes



COCONUT PANCAKES



Metabolomic
Nutrition



INGREDIENTS

- 3 tablespoons of coconut flour
- 3 tablespoons of coconut milk
- 3 tablespoons of coconut oil
- 3 free range eggs
- ½ teaspoon of unrefined natural sea salt
- ¼ teaspoon of baking powder



DIRECTIONS

1. Mix all the ingredients in a bowl using a blender or a whisk
2. Put some coconut oil on a non-stick frying pan or skip this step if you are using a crepe maker
3. Use a spoon and pour a spoonfull of the mix in the frying pan. Allow it to cook at low-medium heat for 1-2 minutes. Alternatively, cook until the pancakes are golden brown
4. Flip the pancake and cook for another 1-2 minutes



CREPES WITH COCONUT FLOUR & COCONUT MILK



Metabolomic
Nutrition



INGREDIENTS

- 2 free range eggs
- 2 tablespoons of coconut flour
- 1/3 cup of sugar-free coconut milk or almond milk
- 1 teaspoon of honey
- 2 tablespoons of coconut oil
- ½ teaspoon of vanilla extract
- A pinch of unrefined natural sea salt



DIRECTIONS

1. Whisk together the coconut oil, the eggs, the honey, the vanilla extract, the salt and the coconut or almond milk in a bowl
2. Add the coconut flour and mix well
3. Put a pinch of oil on a frying pan and heat it
4. Pour a spoonfull of the crepe mix in the frying pan and spread it all over the pan
5. Cook the crepe for about 2 minutes until its bottom side gets a light brown colour
6. Use a spatula to flip the crepe upside down quickly
7. Allow it to cook a bit from the other side and then remove the crepe. Repeat the cooking procedure for every spoonfull of the crepe mix



CHOCOLATE PIE



Metabolomic
Nutrition



INGREDIENTS

- 70 grams of coconut flour
- 120 grams of coconut oil, melted
- 340 grams of honey or stevia
- 8 middle free range eggs, at room temperature
- 1 teaspoon of cinnamon
- 14 grams baking soda (without gluten)
- 1 teaspoon of vanilla extract
- 60 grams of cocoa
- A pinch of salt

FOR THE ICING:

- 1 1/5 large avocado
- 1/3 cup cocoa
- 1/3 cup maple syrup or honey or liquid stevia
- 1 teaspoon of vanilla extract
- 2 tablespoons of coconut cream or the solid part of iced coconut milk



DIRECTIONS

1. Mix the eggs with the honey in the blender
2. Mix the dry ingredients in a bowl and pour them into the eggs mixture
3. Add the vanilla extract, the coconut oil and mix
4. Pour the mixture into a 20 cm baking mold and bake in the oven at 170 °C for about 30-35 minutes or until a toothpick comes out clean

FOR THE ICING:

1. Mix the solid part of the cream in the blender
2. Add the remaining materials in the blender
3. Add the whipped cream and mix with a spoon
4. Put the glaze in a bowl in the refrigerator for at least 1 hour before spreading it on the pie



PALEO CHOCOLATE PIE



Metabolomic
Nutrition



INGREDIENTS

- 300 grams of ganache
- 170 grams of canned coconut cream
- 30 grams of coconut sugar or stevia
- 1 tablespoon of baking powder
- 3 large free range eggs
- 65 grams of coconut flour



DIRECTIONS

1. In a bowl put the eggs, sugar and coconut cream and stir for 5 minutes until the mix is fluffy
2. Gradually pour the warm ganache, the baking powder and the coconut flour
3. Place the dough in a baking pan of 23 cm and bake in the oven at 160 °C for 25 minutes or until a toothpick comes out clean
4. Allow the cake to cool down to room temperature before you remove it from the pan
5. Once the cake has cooled well, pour the remaining ganache on top
6. Store in the fridge



CAKE WITH WHOLEGRAIN BARLEY OR DINKEL FLOUR



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Nutrition



INGREDIENTS (For 4-6 people)

- 4 organic or free range eggs
- 3/4 cup of extra virgin olive oil
- 1 cup of organic milk or organic yoghurt or almond milk or coconut milk
- 2 vanilla sachets
- 1 baking powder sachet
- 3-4 cups of whole grain barley or dinkel flour
- 4 tablespoons of stevia



DIRECTIONS

1. Mix the stevia with the extra virgin olive oil and the eggs
2. Then add the milk, the flour, the baking powder and the vanilla
3. Bake in the oven at 180-200 °C for 45 to 60 minutes



USEFUL TIPS

You can add cocoa in the mix if you prefer.
If you make the recipe with barley flour, it may appear less as quantity, as it will puff less during baking. Add 1 1/2 dose of barley flour in this case.



CHOCOLATE AVOCADO MOUSSE



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Nutrition



INGREDIENTS (For 6 people)

- 3 very ripe and soft avocados cut into pieces
- 2/3 cup cocoa powder
- 2/3 cup of honey or stevia
- ½ cup of coconut milk
- 2 teaspoons of vanilla extract



DIRECTIONS

1. Put all the ingredients in the blender and beat them until the mixture is homogenized
2. Pour the mixture in tall glasses
3. Serve immediately or let it cool in the refrigerator to serve cold



USEFUL TIPS

It is very important for avocados to be very mature and soft so that the mousse has a velvety texture. Otherwise it will not melt evenly.



INGREDIENTS

- 100 grams of sugar-free cocoa
- 120 grams of melted coconut oil
- 220 grams of canned coconut cream
- 80 grams of coconut sugar or stevia
- 120 grams of honey
- 1 teaspoon of vanilla extract



DIRECTIONS

1. Put all the ingredients in a saucepan and mix in a low heat for 3-4 minutes until the materials are joined together
2. The mixture must be creamy, elastic and the sugar added must be melted
3. Refrigerate for 1 week or in the freezer for months



HOMEMADE HAZELNUT PRALINE - CHOCOLATE SPREAD



Metabolomic
Nutrition



INGREDIENTS

- 120 grams or 1 cup of hazelnuts
- 1 teaspoon of vanilla extract or ¼ teaspoon of natural vanilla extract or natural vanilla
- ¼ cup of cocoa powder
- 2 to 3 tablespoons of honey
- 1/4 teaspoon of unrefined natural sea salt
- 2 to 3 tablespoons of organic butter or coconut butter
- ¼ cup of almond milk



DIRECTIONS

1. Preheat the oven to 150 °C
2. Put the hazelnuts in a baking pan and bake them for 8-10 minutes or until they are roasted a little. Remove them from the oven and leave them to cool
3. Put the hazelnuts on half the surface of a kitchen towel. Fold the towel in two to cover the hazelnuts. Put your palms on the towel and rub the hazelnuts. This removes the hazelnuts' skin
4. Put the hazelnuts on the blender and grind them until they are pulped. Add the remaining ingredients and blend them until the mixture is homogenized
5. Taste the mixture and add some honey for example if you want it more sweet or a little milk if you want it more fluid. Keep on mind that the spread will harden in the refrigerator
6. Keep the hazelnut spread in a jar with lid and store in the fridge



ORANGE & CARROT TRUFFLES



Metabolomic
Nutrition



INGREDIENTS

- 1 ½ kgr of finely grated carrots
- 60 grams of stevia
- 300 grams of grated coconut
- Juice and zest of 4 oranges



DIRECTIONS

1. Put the grated carrot, the stevia, the juice and zest from the oranges in a pot and boil them at moderate temperature. Stir in a wooden spoon continuously until they take off their liquids
2. Once the mixture has absorbed its liquids, add the coconut and mix to homogenize
3. Remove the pot from the fire and spread the mixture on a baking pan to cool down
4. Take small amounts of the mixture, make balls and place them on the special muffin papers
5. Garnish with grated coconut



COCOA & COCONUT ICE CREAM



Metabolomic
Nutrition



INGREDIENTS

- 400 ml of coconut milk
- ¼ cup + 2 teaspoons of sugar-free cocoa
- ¼ cup of honey or stevia
- 1 teaspoon of vanilla extract



DIRECTIONS

1. Store the coconut milk in the refrigerator for 12 hours in order to separate the cream
2. Mix all the ingredients until you have a smooth mixture
3. Put the mixture in a metal bowl
4. Put the bowl in the freezer for about 4-6 hours
5. Before serving leave it out of the freezer for 10-15 minutes



MUFFINS



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Nutrition



INGREDIENTS (for 12 muffins)

- 1 cup of extra virgin olive oil
- 5 free range eggs
- 2 cups of grated cheese
- 1 cup of coconut or almond flour
- 2 teaspoons of baking soda



DIRECTIONS

1. Beat the eggs well in a bowl
2. Add the extra virgin olive oil, the baking soda, the coconut or almond flour and finally the gruyere. Blend them well to homogenize the mix
3. Brush the muffin cases with some oil and fill them up with the mix to $\frac{3}{4}$
4. Bake at 170 °C for 30-35 minutes
5. Allow to cool for at least 1 hour and remove the muffins carefully



USEFUL TIPS

Variation: to make sweet muffins just put the same ingredients -except the gruyere- and add 1 tablespoon of cinnamon and 2 tablespoons of stevia



PALEO MUFFINS



Metabolomic
Nutrition



INGREDIENTS

- 2 cups of almond flour
- 2 teaspoons of baking powder
- ¼ teaspoon of unrefined natural sea salt
- ½ cup of melted sheep or goat butter
- 4 free range eggs
- 1/3 cup of water
- 1/3 cup of liquid stevia



DIRECTIONS

1. Preheat the oven to 180 °C
2. Mix all the dry materials together
3. Add the liquid materials and stir thoroughly to homogenize the mix
4. Fill in the muffin baking cake forms up to 1/2 or 2/3
5. Bake for 15 minutes



CELERY ROOT PURÉE



Metabolomic
Nutrition



INGREDIENTS (For 4-6 people)

- 900 grams of celery root
- ½ cup of coconut milk or cream
- 3 tablespoons of unsalted butter (or coconut butter)
- Unrefined natural sea salt
- Chopped celery root leaves for garnishing (optional)



DIRECTIONS

1. Peel the celery root, cut into cubes and put it in a large saucepan with salted water to simmer (1 tablespoon of salt for every 2 liters of water) for 25 - 30 minutes
2. Strain the boiled celery root in the sink and put them back into the saucepan on a mild fire
3. Mash the celery root with a fork into puree
4. Add the coconut milk or cream, the butter and the salt
5. Stir well until you make a smooth mixture of puree and serve



CHOCOLATE MOUSSE WITH COCONUT MILK



Metabolomic
Nutrition



INGREDIENTS (For 4 people)

- 170 grams of dark chocolate with stevia
- $\frac{3}{4}$ cup of sugar-free coconut milk



DIRECTIONS

1. Melt the chocolate in a benn marie
2. In a separate bowl place ice cubes and -once the chocolate melts- put it on the bowl of ice cubes
3. Leave the mixture on the bowl of ice cubes until it reaches room temperature
4. Pour the chocolate into the mixer bin along with the coconut milk and blend at moderate speed for 3-5 minutes until the mixture is fluffy
5. Place the mousse in the glasses and store in the refrigerator for at least 2 hours
6. Garnish with grated chocolate



ABOUT KEFIR

Kefir is a natural probiotic dairy product that is easily digested by the body, improving bowel function and helping to restore the intestinal flora.

Kefir contains beneficial bacteria and yeasts that help prevent colorectal cancer. Also it contains vitamins, minerals and proteins of high biological value. It is a good source of calcium, phosphorus and magnesium because of the milk it contains. Kefir contributes to the health of the nervous system, proper cell growth and body maintenance and energy production. It is rich in B vitamins, -mainly B1 and B12- biotin, folic acid, as well as vitamin C.

Kefir is a fully balanced diet and its frequent use contributes to a healthy immune system.



DIRECTIONS

1. Milk kefir ratio 1:10. Put 50 g. From the "seeds" of kefir into a clean glass jar that closes airtight
2. Add 1/2 liter of milk, preferably organic cow's or goat's (full or low fat), and close the jar. Do not fill the jar fully
3. Leave the jar at room temperature for 24-48 hours and away from direct sunlight. The more you leave kefir 'seeds' in the milk, the more viscous and acidic it will be. Generally do not leave it for less than 12 hours and for more than 3 days
4. Open the jar and strain the kefir using a plastic strainer (metallic strainer is not appropriate for the kefir making process, avoid using it)
5. Put the liquid kefir in a glass bottle and store it in the fridge
6. What will be left in the strainer is the kefir 'seed' that you will use for future crops. Rinse well the kefir jar and seeds in the colander with plenty of cold water and repeat the same manufacturing process from the start



USEFUL TIPS

- You will notice that after each cultivation, the seed will slowly multiply. The more "seed" is used, the more viscous the kefir will be. So you will either increase the amount of milk or remove a little of the amount of seeds. You can arrange the taste and texture of kefir during cultivation
- If you want a more liquid kefir, leave it the least suggested time. If you want it denser leave more seeds in the jar
- Seeds must always be covered with milk. If you want to stop cultivating kefir for a few days, store the seeds in a small amount of milk diluted with water in the refrigerator until the next use



INGREDIENTS

- 1 Chinese cabbage
- 3 tablespoons of raw unrefined salt sea salt for the cabbage
- 1 teaspoon of raw unrefined salt sea salt for the spice mixture
- Cold water
- 1 tablespoon of chopped or grated garlic
- 1 tablespoon of chopped or grated fresh ginger
- 2 teaspoons of chopped dry hot red pepper or 1-2 teaspoons of chilli sauce
- 1 teaspoon of brown sugar or coconut sugar
- Radish, fresh onion, leek (optionally)



DIRECTIONS

1. Cut the cabbage and put it in a bowl
2. Add the cold water to the salt until it covers the sprouts and stir the mix with your hands
3. Leave 10 minutes and remove the water
4. Put a dish on top to push them down and leave them at room temperature for 12-24 hours
5. Strain the cabbage and rinse with cold water. Drain them gently to remove excess water
6. Put the rest of the ingredients with the spices into a bowl and stir well
7. Stir this mixture with the cabbage and put it in a large glass container
8. Close the lid and leave it in a cool place for at least 24 hours
9. The cabbage mixture will foam, so occasionally open the lid to release the gases
10. Finally, keep the cabbage mix in the refrigerator for at least 2 days before serving
11. Store in the refrigerator for one month



MASHED SWEET POTATOES



Metabolomic
Nutrition



INGREDIENTS (For 4-6 people)

- 4 sweet potatoes
- 1 cup of coconut milk
- 2 tablespoons of organic sheep's or goat's butter or extra virgin olive oil
- Unrefined natural sea salt
- Pepper
- Oregano, Thyme, Rosemary



DIRECTIONS

1. Boil or bake in the oven until the potatoes are tender
2. Once the sweet potatoes are cool, peel them off and place them in a saucepan with butter, olive oil and coconut milk
3. Mash the mix with a hand blender and allow it to cook for a few minutes until it is homogenized and liquid free
4. Add the herbs, salt, pepper and stir



USEFUL TIPS

In case you do not have a hand blender, then allow the food to cook, for the ingredients to soften and stir frequently until you get a smooth mixture



MINI PORTOBELLO PIZZAS



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Nutrition



INGREDIENTS (for 4 mini pizzas)

- 4 Portobello mushrooms, without the stems
- ½ cup of fresh tomato sauce
- ½ cup of prosciutto Parma or San Danielle or organic boiled turkey
- 4 tablespoons mozzarella
- 2 teaspoons of parmesan cheese
- Basil
- Oregano



DIRECTIONS

1. Preheat the oven to 180 °C
2. Clean the mushrooms and remove the stems (use the stems in the stuffing if you want)
3. Put the mushrooms on a baking pan on top of a baking paper
4. Add the sauce, the cold cuts, the cheeses and on top the herbs
5. Bake for about 6 minutes or until the cheeses are melted



MINI SHORTCRUST PIES WITH YOGHURT & SPELT FLOUR



Metabolomic
Nutrition



INGREDIENTS

- 500 grams of spelt flour
- 250 grams of organic cow yoghurt
- 250 grams of organic cow butter at room temperature or organic extra virgin olive oil
- 1 sachet of baking powder
- A pinch of unrefined natural sea salt and sugar



DIRECTIONS

1. In a bowl, mix the spelt flour with the baking powder
2. Add the extra virgin olive oil (or organic cow butter) and the yoghurt
3. Add salt to the tip of the spoon and just a pinch of stevia and stir well to homogenize the dough
4. Once the dough is ready, take small pieces of the dough and roll them open with your hands to small circles
5. Fill the small pieces of dough with long-matured cheeses or goat cheese
6. Close the small pieces of dough with your fingers to form half a circle
7. Place the small pies in a baking sheet and bake in a preheated oven at 200 °C until they turn golden brown



OVEN BAKED SWEET POTATOES



Metabolomic
Nutrition



INGREDIENTS (For 4-6 people)

- 1kg of organic sweet potatoes
- Unrefined natural sea salt
- Pepper
- 2-3 teaspoons of spiced extra virgin olive oil
- 1-2 cloves of garlic
- Thyme, rosemary, oregano (optional)



DIRECTIONS

1. Put the sweet potatoes in a basin of water for half an hour
2. Grind the sweet potatoes and cut them in small sticks
3. Preheat the oven at 220 °C and put the oven plate inside to warm up for about 15 minutes
4. Wipe well the sweet potatoes in a strainer, add the salt, pepper, herbs, garlic and stir well
5. Remove the oven plate from the oven and place a baking paper on it
6. Put the sweet potatoes on the baking sheet and cook for about half an hour



OVEN BAKED SWEET POTATOES WITH MUSHROOMS



Metabolomic
Nutrition



INGREDIENTS (For 4-6 people)

- ¾ cup of extra virgin olive oil
- 2 garlic cloves
- 4 tablespoons finely chopped parsley
- ½ cup of white dry wine
- Unrefined natural sea salt
- Freshly ground pepper
- 1 kg of sweet potatoes
- 700 grams of large pleurotus mushrooms
- 1 dry onion cut into thin slices



DIRECTIONS

1. Preheat the oven at 180 °C
2. Clean the sweet potatoes and cut them into small cubes. Put them in a bowl of water until all of them are cut
3. Peel the mushrooms and cut them into slices
4. Heat 1/3 of the amount of olive oil in a deep frying pan and stir the mushrooms for 5 minutes with the garlic and onion
5. Sprinkle with parsley and remove the mushrooms from the fire
6. In an oiled pot (preferably oval), lay a layer of finely chopped sweet potatoes (half the amount)
7. Cover the sweet potatoes with one layer of mushrooms
8. Lay the remaining sweet potatoes in another layer. Salt and pepper with a little olive oil
9. Finally, add the remaining mushrooms in one layer. Sprinkle some olive oil on top
10. Pour in the white wine
11. Cover the pan with aluminum foil, tightly sealing its edges on the rim
12. Bake the food for 30 minutes at 180 °C, uncover the food and continue baking for an additional 45 minutes until the sweet potatoes are tender



SWEET POTATO CHIPS



Metabolomic
Nutrition



INGREDIENTS (For 4-6 people)

- 1 medium sweet potato cleaned and cut into very thin slices
- 2 teaspoons of extra virgin olive oil
- ½ teaspoon of paprika
- ¼ teaspoon of unrefined natural sea salt



DIRECTIONS

1. Heat the oven at 180 °C and place a grill in the middle of the oven
2. Cut the sweet potato into very thin slices (1/16 inch, use a mandolin if you have) and place in a large bowl
3. Add the oil, paprika, salt and mix with your hands
4. Place the slices in one layer on the 2 sheets, a short distance apart
5. Bake a sheet of sweet potato chips at a time until the ends of the chips fold their body and have browned
6. Bake for about 12 minutes



INGREDIENTS

- 4 chicken legs
- 200 grams of shrimps
- 1/2 cup chicken broth
- 4 1/2 cups of cauliflower rice
- 1 teaspoon of paprika
- 1/2 teaspoon of oregano
- 1 small chopped onion
- 3 cloves of melted garlic
- 2 chopped tomatoes
- 1 teaspoon of saffron
- 3/4 teaspoon of unrefined natural sea salt + extra salt for seasoning
- Oily substance for the frying pan (olive oil, coconut oil, goat butter or sheep butter)



DIRECTIONS

1. Stir the chicken with paprika, oregano and a little salt
2. Heat 1 tablespoon of oil or butter in a large pan at moderate to high temperature
3. Add the chicken (from the skin side down) and cook it for about 5 minutes
4. Add the onion, garlic, tomatoes, and saffron and cook for another 5-10 minutes or until the onions soften
5. Cut the cauliflower into buns and blend it in a mixer until it becomes like grain of rice
6. Put the chicken on a plate and add the broth to the pan (remove any roasted pieces from the pan)
7. Add the cauliflower rice, salt and mix
8. Add the chicken to the pan and simmer for about 10 minutes
9. Add the shrimps in the cauliflower rice and cook for about 6 minutes or until the chicken and shrimps are well cooked. If the broth is absorbed, add 1/4 - 1/2 cup of additional broth



PIE WITH GREENS AND SPELT FLOUR



Metabolomic
Nutrition



INGREDIENTS

FOR THE PIE:

- 6 cups of spelt flour
- 1 tablespoon of unrefined natural sea salt
- ½ cup of organic extra virgin olive oil
- 2 tablespoons of vinegar
- 450 ml of warm water (add more if needed)

FOR THE FILLING:

- 1 kg of various greens (spinach, horseradish, etc)
- 1 bunch of parsley
- 1 bunch of dill
- 1 bunch of fresh onions
- 1 dry onion
- 1 leek, sliced
- Some pepper
- ½ cup of organic extra virgin olive oil



DIRECTIONS

FILLING PREPARATION

1. Clean the greens from the coarse stalks, wash them and cut them
2. Strain the greens, rub them with salt and then squeeze them to remove excess water. Their volume should be reduced to 1/3 of the original volume. Instead of rubbing them with salt, we can boil them for a while until they wither
3. After they are drained, mix the greens with the rest of the ingredients and prepare the pie

PIE PREPARATION

1. Put the flour in a bowl, add the olive oil, 2 tablespoons of vinegar, a little salt and some luke warm water
2. Knead until a dough is soft and pliable that does not stick to the hands
3. Cover with a towel and let it rest for half an hour
4. Divide the dough into lemon-sized balls and slowly mold each ball to form a sheet. Place 2 sheets on the bottom of the baking pan and add the filling. Lay the two upper pie sheets
11. Pick the pie with a pizza roll and pour some olive oil over it using a brush
12. Bake at 160 to 180 °C for about 1 hour



SAUERKRAUT



Metabolomic
Nutrition



INGREDIENTS

- 1 kg of cabbage
- 24 grams of unrefined natural sea salt
- pepper (optional)



DIRECTIONS

1. Remove and put aside the outer leaves
2. Cut the cabbage into strips like when you cut it for a salad
3. Put it in a bowl or basin and mix it with salt. In the next 5-10 minutes it will start to wither and form brine
4. Place in a large glass bowl the outer leaves of the cabbage. Straighten them and put the cabbage strips on top, pressing them as hard as possible
5. At this point, you can add a little pepper
6. Cover with something heavy to fit all mixture in and leave only a margin to add 5 cm of brine on top
7. After a week, remove the foam from the surface and clean the pot. Repeat the process every 2 days until the foam stops and the fermentation is complete
8. Keep refrigerated, airtight, for up to two months



SPINACH TART



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Nutrition



INGREDIENTS

- 3-4 tablespoons of extra virgin organic olive oil
- 2-3 chopped onions
- 1 kg of organic spinach
- 1 bunch of parsley or myrrh
- 3 free range eggs
- 250gr of crushed feta cheese
- 250gr of grated gruyere or parmesan
- Natural unrefined sea salt, pepper, nutmeg
- 4-5 tablespoons of grated 100% barley rusk



DIRECTIONS

1. Preheat the oven to 180 °C
2. Season the onions with olive oil in a frying pan
3. Add the spinach and leave it to wither
4. In a deep bowl add the spinach, eggs, parsley, feta, gruyere and finally some salt, pepper and nutmeg
5. Mix the ingredients thoroughly to homogenize the mixture
6. Put the mixture on a baking pan or in individual baking bowls
7. Spread the nut on top to absorb the liquids from the spinach when it is baked and add a little more ginger for color and taste
8. Bake the spinach tart in the oven for 15 to 20 minutes depending on the size of the baking pan, until it takes a nice brown colour



STUFFED VEGETABLES WITH BUCKWHEAT



Metabolomic
Nutrition



INGREDIENTS

- 4 medium tight organic tomatoes
- 4 organic peppers
- 2 organic zucchini
- 1 cup of extra virgin olive oil
- Unrefined natural sea salt
- Oregano

FOR THE FILLING:

- 2 cups of buckwheat (soaked for 2-3 hours in lukewarm water)
- Crumb of the 4 tomatoes, grated
- Crumb from the zucchini, grated
- 2 grated organic carrots
- 1 large chopped onion
- 1 cup of extra virgin olive oil
- 2 cups of parsley finely chopped
- ½ cup of fresh mint or ½ teaspoon dried
- Salt, pepper, oregano, thyme



DIRECTIONS

1. Cut the top of the vegetables carefully, to make a "lid" for each vegetable, and carefully empty the contents with a teaspoon
2. Put aside the inside of the tomatoes and zucchini to use in the stuffing
3. Place the emptied vegetables in a baking pan
4. Mix the stuffing ingredients in a large bowl and fill the emptied vegetables
5. Close each vegetable with its lid and sprinkle some salt on top
6. Pour a cup of olive oil in the baking pan, on top of the food and sprinkle with oregano
7. Bake in a preheated oven at 180 °C for about 1-1½ hours



ALMOND MILK



Metabolomic
Nutrition



INGREDIENTS

- 160 grams of organic almonds, raw and cleaned
- 1 liter of water



DIRECTIONS

1. In a glass bowl add the almonds and cover them with water
2. Leave them for at least 6 hours or better all night
3. The next day drain the water and put the almonds in a blender with 250 ml of water
4. Grind for 2-3 minutes until a creamy mass is created
5. Add another 500 ml of water and grind for 1 minute
6. Finally, add the remaining water (250 ml) and continue grinding for another minute
7. Strain the almond milk twice. The second time strain it using a coffee filter
8. If you want the milk to be sweeter, mix stevia in 100ml of almond milk and then add it to the rest of the milk and stir again
9. Put it in a bottle, close its lid and refrigerate for 3-4 days
10. If you want the almond milk to be thicker, use less water



COCONUT YOGHURT



Metabolomic
Nutrition



INGREDIENTS (for 2 jars)

- 2 empty sterile jars (use dishwashing machine or oven method to sterilize)
- 1 block of Biona coconut cream
- 2 capsules of probiotics Bio acidophilus (>100.000.000)
- 350 ml water



DIRECTIONS

1. Put the coconut cream with its package in hot water. When it melts, put the cream in a big bowl and mix well until it has a smooth texture
2. Add 350 ml of water and mix again
3. When the mixture reaches room temperature, open the probiotics' capsules and add the powder in the mixture
4. Divide the mixture into 2 jars, cover well and put them in a warm place for about 12-24 hours (if it's winter you can put them in the oven switching on the oven light only)
5. Put the jars in the refrigerator for a few more hours until they curdle. You can preserve it in the refrigerator for several weeks



YOGHURT



Metabolomic
Nutrition



INGREDIENTS

- 4 liters of fresh organic milk (preferably goat or sheep)
- 200 grams of live active yoghurt



DIRECTIONS

1. Heat the milk until it reaches 90 degrees (when the first bubble appears remove from the fire)
2. Let the milk cool down to 40 degrees and then pour 200 grams of live yoghurt
3. Stir and keep the mix at 40 degrees (put in the oven at 40 degrees) for 24 hours
4. Refrigerate for 4 - 8 hours and the yoghurt is ready for consumption