



Erasmus+

This cookbook contains healthy recipes prepared by the following schools:

Kohtla-Järve Maleva Põhikoo, Estonia

"St. St. Cyril & Methodius", Bulgaria

Şehit Mehmet Şengül Ortaokulu, Turkey

Szkoła Podstawowa im. Bohaterów Monte Cassino w Ustrobnej, Poland

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"3, 2, 1 Time for Health"

These recipes are designed to be simple and safe for kids to prepare. They encourage healthy eating habits and a bit of creativity in the kitchen.

Fruit and Yogurt Parfait

Ingredients:

- Greek yogurt
- mixed berries (e.g., strawberries, blueberries)
- granola
- honey

Instructions:

1. In a bowl or cup, layer Greek yogurt, berries and granola.
 2. Drizzle honey on top.
- Kids can get creative with the layer.



DIY Veggie Wraps

Ingredients:

- whole-grain wraps or tortillas
- hummus
- sliced cucumber
- bell peppers
- cherry tomatoes
- shredded lettuce

Instructions:

1. Spread hummus on a wrap.
2. Add veggies and lettuce.
3. Roll it up, and it's ready to eat.



Banana and Nut Butter "Sushi" Rolls

Ingredients:

- whole-grain bread slices
- peanut or almond butter
- banana
- chia seeds (optional)

Instructions:

1. Flatten bread slices with a rolling pin.
2. Spread nut butter, place a banana, and sprinkle with chia seeds.
3. Roll up the bread and cut into bite-sized "sushi" rolls.



No-Bake Energy Bites

Ingredients:

- rolled oats
- peanut butter
- honey
- dark chocolate chips
- chia seeds

Instructions:

1. Mix oats, peanut butter, honey, chocolate chips and chia seeds in a bowl.
2. Form small balls and refrigerate.
3. No baking required and they make a tasty snack!



Avocado Toast

Ingredients:

- 2 slices of whole grain bread
- 1 ripe avocado
- 1 small tomato, thinly sliced
- 1/2 lemon
- salt and pepper to taste
- optional toppings: red pepper flakes, sliced cucumber, microgreens

Instructions:

1. Toast the slices of whole grain bread until they are golden brown and crispy.
2. While the bread is toasting, halve the avocado and remove the pit. Scoop out the flesh into a small bowl and mash it with a fork until smooth.
3. Squeeze the juice of half a lemon into the mashed avocado and season with salt and pepper to taste. Mix well.
4. Once the toast is ready, spread the mashed avocado evenly onto each slice.
5. Arrange the thinly sliced tomatoes on top of the avocado.
6. If desired, sprinkle with red pepper flakes for a bit of heat, or add sliced cucumber and microgreens for extra freshness.
7. Serve immediately and enjoy your nutritious avocado toast snack!



Healthy Veggie Hummus Wraps

Ingredients:

- whole wheat or spinach tortillas
- 1 cup of hummus (homemade or store-bought)
- 1 cup of shredded carrots
- 1 cup of sliced cucumbers
- 1 cup of baby spinach leaves
- 1/2 cup of sliced bell peppers (any color)
- optional: sliced avocado or sprouts for extra flavor and nutrients

Instructions:

1. Lay out your tortillas on a clean surface.
2. Spread a generous amount of hummus evenly onto each tortilla, leaving about an inch of space around the edges.
3. Layer the shredded carrots, sliced cucumbers, baby spinach leaves, and bell peppers evenly across the center of each tortilla.
4. If desired, add slices of avocado or a handful of sprouts on top of the vegetables.
5. Carefully roll up each tortilla tightly, starting from one end and rolling towards the other, enclosing the fillings.
6. Once rolled, use a sharp knife to slice each wrap in half diagonally or into smaller pinwheels.
7. Serve immediately, or wrap each half in plastic wrap or foil for later consumption.
8. Enjoy your healthy veggie hummus wraps as a nutritious snack or light meal option!



Honey Almond Energy Balls

Ingredients:

- 1 cup rolled oats
- 1/2 cup almond butter
- 1/4 cup honey
- 1/4 cup chopped almonds
- 1/4 cup dried cranberries (optional)
- 1 tablespoon chia seeds
- 1 teaspoon vanilla extract
- pinch of salt

Instructions:

1. In a large mixing bowl, combine rolled oats, almond butter, honey, chopped almonds, dried cranberries (if using), chia seeds, vanilla extract, and a pinch of salt.
2. Mix all the ingredients together until well combined. If the mixture seems too dry, you can add a bit more almond butter or honey to help bind everything together.
3. Once the mixture is well combined and sticky, start rolling it into small balls, about 1 inch in diameter, using your hands.
4. Place the rolled energy balls on a plate or baking sheet lined with parchment paper.
5. Once all the mixture has been rolled into balls, place the plate or baking sheet in the refrigerator for at least 30 minutes to allow the energy balls to firm up.
6. Once firm, the energy balls are ready to eat! Store any leftovers in an airtight container in the refrigerator for up to one week.

Enjoy your delicious and healthy snack whenever you need a quick energy boost!



Avocado Toast with Tomato and Feta

Ingredients:

- 2 slices of whole grain bread
- 1 ripe avocado
- 1 medium-sized tomato, sliced
- 50g of feta cheese, crumbled
- salt and pepper to taste
- optional: a drizzle of olive oil, red pepper flakes, or balsamic glaze for extra flavor

Instructions:

1. Toast the slices of whole grain bread until they are golden brown and crispy.
2. While the bread is toasting, prepare the avocado. Cut the avocado in half, remove the pit, and scoop the flesh into a bowl. Mash the avocado with a fork until it reaches your desired consistency.
3. Once the toast is ready, spread the mashed avocado evenly onto each slice.
4. Top the avocado toast with slices of tomato, distributing them evenly.
5. Crumble the feta cheese over the tomato slices.
6. Season the avocado toast with salt and pepper to taste.
7. Optionally, drizzle a bit of olive oil, sprinkle red pepper flakes, or add a touch of balsamic glaze for extra flavor.
8. Serve immediately and enjoy your healthy and delicious avocado toast with tomato and feta!

This snack is not only tasty but also packed with healthy fats, fiber, vitamins, and minerals, making it a perfect choice for a nutritious mid-day bite.



Banana-Oat Cookies

Ingredients:

- 2 ripe bananas
- 1 cup rolled oats
- 1/4 cup chopped nuts (such as walnuts or almonds)
- 2 tablespoons honey or maple syrup (optional, for added sweetness)
- 1/4 teaspoon cinnamon (optional, for extra flavor)

Instructions:

1. Preheat your oven to 350°F (175°C). Line a baking sheet with parchment paper or lightly grease it with cooking spray.
2. In a mixing bowl, mash the ripe bananas with a fork until smooth.
3. Add the rolled oats to the mashed bananas and stir until well combined.
4. If desired, mix in chopped nuts, honey or maple syrup, and cinnamon for added flavor.
5. Scoop tablespoon-sized portions of the mixture onto the prepared baking sheet, leaving some space between each cookie.
6. Use the back of a spoon or your fingers to gently flatten each cookie.
7. Bake in the preheated oven for 12-15 minutes, or until the cookies are golden brown and firm to the touch.
8. Remove from the oven and let the cookies cool on the baking sheet for a few minutes before transferring them to a wire rack to cool completely.
9. Once cooled, enjoy your delicious and healthy banana-oat cookies as a sweet snack any time of the day!

These cookies are packed with fiber from the oats and potassium from the bananas, making them a nutritious option for satisfying your sweet tooth. Feel free to customize the recipe by adding your favorite mix-ins like dried fruits or chocolate chips. Enjoy!



Healthy Savory Snack Recipe - Baked Chickpea Crisps

Ingredients:

- 1 can (15 oz) chickpeas (garbanzo beans), drained and rinsed
- 1 tablespoon olive oil
- 1 teaspoon ground cumin
- 1 teaspoon smoked paprika
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- salt to taste

Instructions:

1. Preheat your oven to (200°C). Line a baking sheet with parchment paper or lightly grease it with olive oil.
2. After draining and rinsing the chickpeas, pat them dry with a paper towel to remove excess moisture. Place them in a mixing bowl.
3. Drizzle the olive oil over the chickpeas and toss them until they are evenly coated.
4. In a small bowl, mix together the ground cumin, smoked paprika, garlic powder, onion powder, and salt.
5. Sprinkle the spice mixture over the chickpeas and toss until they are evenly coated with the spices.
6. Spread the seasoned chickpeas in a single layer on the prepared baking sheet.
7. Bake in the preheated oven for 20-30 minutes, or until the chickpeas are crispy and golden brown, shaking the pan halfway through to ensure even cooking.
8. Once baked, remove the chickpeas from the oven and let them cool for a few minutes before serving.
9. Enjoy your healthy and flavorful baked chickpea crisps as a savory snack!

Optional: Feel free to customize the seasonings to your taste preferences by adding herbs like rosemary or thyme, or experimenting with different spices such as chili powder or curry powder.



Healthy Vegetable Salad Recipe

Ingredients:

- 2 cups mixed salad greens (such as spinach, arugula, and kale)
- 1 cup cherry tomatoes, halved
- 1 cucumber, sliced
- 1 bell pepper, diced
- 1 carrot, grated
- 1/4 red onion, thinly sliced
- 1/4 cup toasted nuts or seeds (such as almonds, walnuts, or sunflower seeds)
- optional: 1/4 cup crumbled feta cheese or goat cheese (for added flavor)

Dressing:

- 2 tablespoons extra virgin olive oil
- 1 tablespoon balsamic vinegar
- 1 teaspoon Dijon mustard
- salt and pepper to taste

Instructions:

1. In a large bowl, combine the mixed salad greens, cherry tomatoes, cucumber, bell pepper, carrot, and red onion.
2. In a small bowl, whisk together the olive oil, balsamic vinegar, Dijon mustard, salt, and pepper to make the dressing.
3. Drizzle the dressing over the salad and toss gently to coat all the vegetables evenly.
4. Sprinkle the toasted nuts or seeds on top of the salad.
5. If using, add the crumbled feta or goat cheese for an extra burst of flavor.
6. Serve immediately and enjoy your nutritious and delicious vegetable salad!



Healthy Quinoa Salad

Ingredients:

- 1 cup quinoa
- 2 cups water or vegetable broth
- 1 cup cherry tomatoes, halved
- 1 cucumber, diced
- 1 bell pepper, diced
- 1/4 red onion, finely chopped
- 1/4 cup fresh parsley, chopped
- 1/4 cup fresh mint leaves, chopped
- 1/4 cup feta cheese, crumbled (optional)
- juice of 1 lemon
- 2 tablespoons olive oil
- salt and pepper to taste

Instructions:

1. Rinse the quinoa under cold water using a fine mesh sieve to remove any bitterness. Drain well.
2. In a medium saucepan, bring the water or vegetable broth to a boil. Add the quinoa and reduce the heat to low. Cover and simmer for about 15-20 minutes, or until the quinoa is cooked and the liquid is absorbed. Remove from heat and let it sit covered for 5 minutes. Fluff the quinoa with a fork and let it cool.
3. In a large mixing bowl, combine the cooked quinoa, cherry tomatoes, cucumber, bell pepper, red onion, parsley, and mint leaves.
4. In a small bowl, whisk together the lemon juice and olive oil. Season with salt and pepper to taste.
5. Pour the dressing over the quinoa salad and toss until everything is well coated.
6. If using, sprinkle crumbled feta cheese over the salad and gently toss again.
7. Taste and adjust seasoning if needed. Serve immediately or refrigerate for at least 30 minutes to allow the flavors to meld together before serving.



MENEMEN

Ingredients(3-4 serving):

- 2-3 tbsp olive oil
- 1 tbsp butter
- 3-4 sweet or mild hot green peppers
- 2 big size tomatoes
- 3 eggs
- salt, red pepper flakes to season

Instructions:

1. First cut the green peppers. Take out the stems and seeds and cut it into cubes.
2. Add oil and butter to the pan and melt. Add the peppers and begin to saute.
3. After it is browned, add grated tomatoes. Cook it until the tomatoes are cooked well and shiny.
4. To season add salt, red pepper flakes.
5. Crack the eggs and break a little bit but not too much. Don't cook them too much it is important. You can also keep the yolks without breaking it too. You can partially close the lid but not all the way since it creates steam and cooks the top of the eggs that we don't want.
6. Serve the menemen hot.



MÜCVER

Ingredients:

- 3 medium green zucchinis,
- 3 eggs,
- 3 tablespoons flour,
- 1 handful chopped parsley,
- green onions or dill (optional),
- 1/2 teaspoon baking soda,
- salt, black pepper,
- vegetable oil to fry,
- for the topping: Garlic yoghurt sauce.

Instructions:

1. Peel and thinly grate the zucchinis.
2. Squeeze all the water from the zucchinis using your hands.
3. Whisk the eggs and mix with zucchinis until well combined.
4. Add the baking soda, salt, and black pepper, then stir.
5. Add the flour slowly to the mixture while stirring.
6. Finally incorporate in the chopped green onions or dill and stir.
7. Heat some vegetable oil in a frying pan.
8. Using a spoon, form round flat patties and place in hot oil.
9. Shallow fry on both sides without crowding the pan too much.
10. Pour over some crushed garlic and yoghurt mixture and serve!



GREEN BEANS WITH OLIVE OIL

Ingredients:

- 6 tablespoons olive oil
- 2 medium onions, chopped
- 2 garlic cloves, chopped
- 1 pound green beans, trimmed and cut in half widthwise
- 2 medium tomatoes, peeled and chopped
- 1 tablespoon sugar
- 1 teaspoon salt
- lemon wedges and a handful of parsley for serving

Instructions:

1. In a large sauté pan or heavy pot, heat the oil over medium-high heat until hot but not smoking. Add the onions and stir occasionally, until softened, about 5 minutes. Add the garlic and continue to cook, stirring frequently, 2 minutes.
2. Add the beans, tomatoes, 1 cup water, sugar, salt and bring just to a boil. Reduce heat to low, then cover and simmer until the beans are very tender, about 45 minutes.
3. Remove from heat, adjust the seasoning to taste and cool to room temperature, uncovered, about 45 minutes.
4. Serve, with a handful of parsley and lemon wedges.



TURKISH STUFFED EGGPLANT (KARNIYARIK)

Ingredients

- 6 eggplants,
- 250 gr ground beef(mince),
- 1 onion,
- 2 green peppers,
- 1 tomato,
- 1 tablespoon tomato paste,
- 1 teaspoon paprika,
- 1 clove of garlic,
- salt, black pepper, cumin,
- vegetable oil to fry the eggplants,
- sauce: 1 tablespoon tomato paste, 1 teaspoon paprika and 1.5 cups water,
- tomato and pepper slices to top it,

Instructions

1. Take the stem ends off the eggplants and peel strips off with a vegetable peeler or a knife in a zebra pattern.
2. Soak them in salty water for 20 mins (to get rid of the bitterness) and tap them dry with paper towel.
3. Heat the vegetable oil in a frying pan with high sides and fry the whole eggplants on all sides.
4. Sauté the finely chopped onion, pepper and grated garlic in vegetable oil in a separate skillet.
5. Add in the ground beef(mince) and cook until it turns light brown.
6. Stir in the tomato paste, paprika, black pepper, salt and cumin.
7. Cut tomato into small cubes, add them and cook for 3-4 mins.
8. Place the fried eggplants on a baking tray.
9. Make indents in the centre to create space for the filling.
10. Distribute the filling equally among the eggplants.
11. Place tomato and pepper slices on top.
12. Stir together the sauce ingredients and pour over the filled eggplants.
13. Bake at 190 degrees celsius until the tomato and pepper slices start turning brown.

