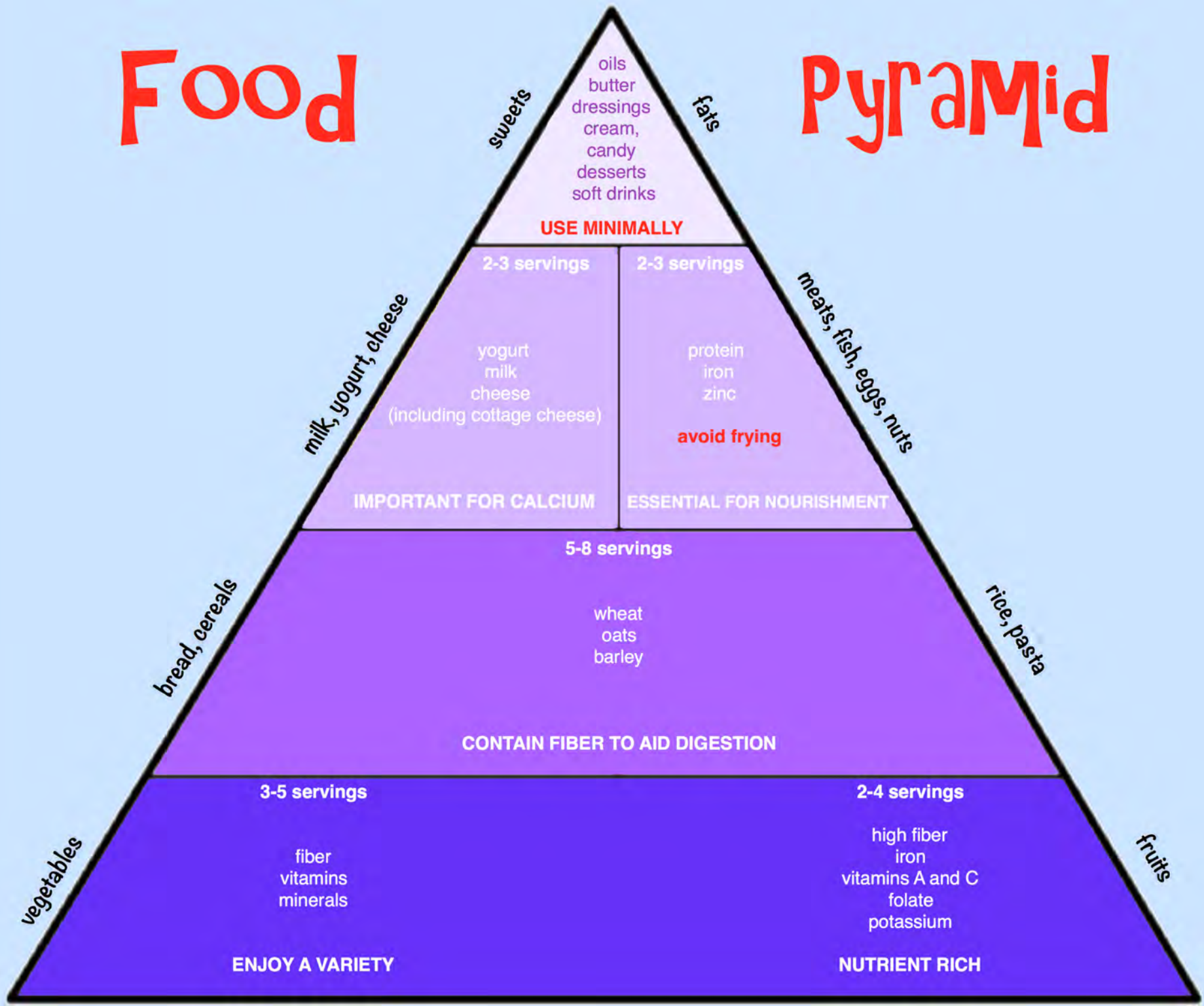


Alessandra Calamai



# Food

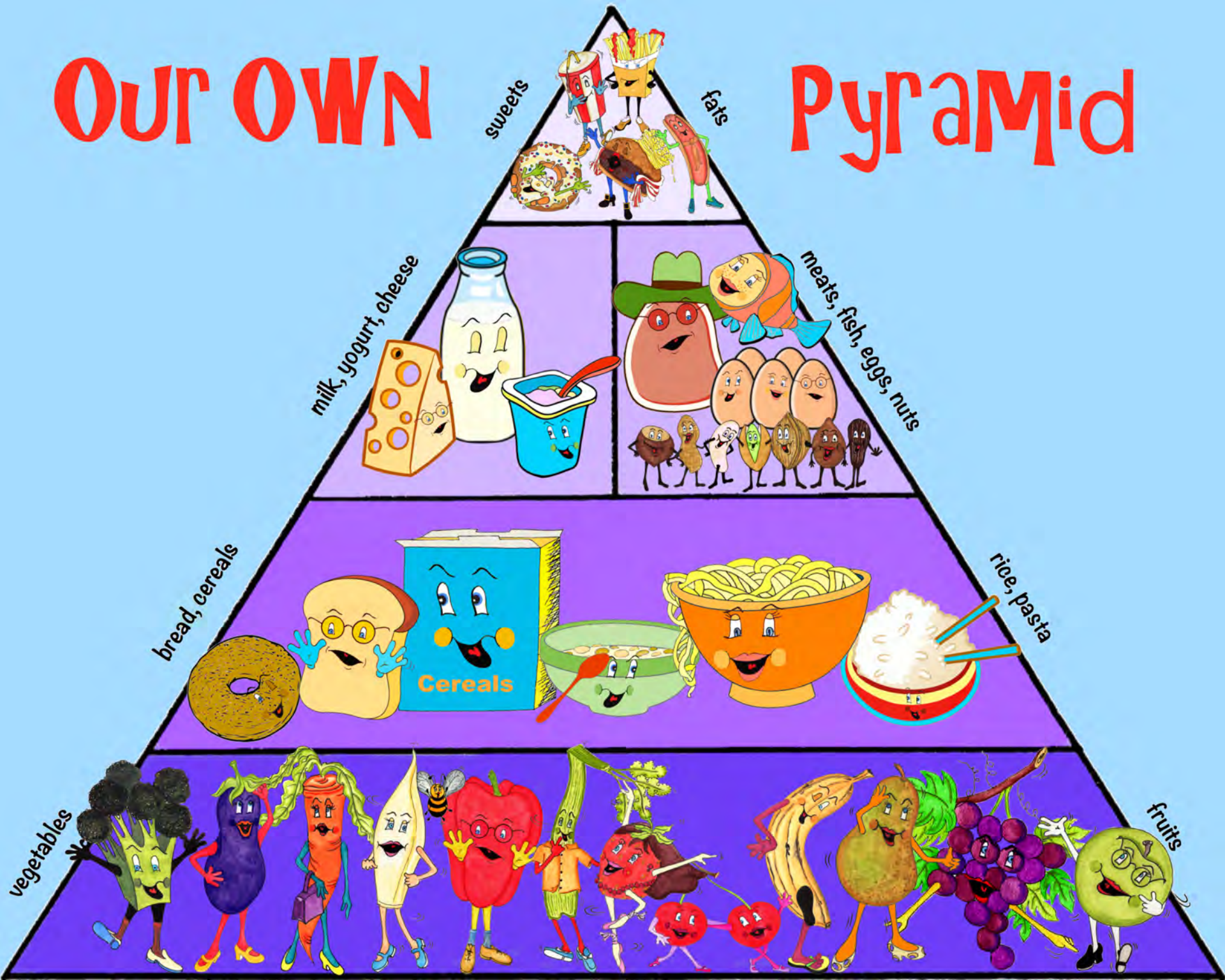
# Pyramid





# Our OWN

# Pyramid



Bell peppers, especially the red ones, contain lots of vitamin C, which strengthens your immune system and keeps your skin looking young.

They are rich in vitamin E, also beneficial to your skin and hair; and vitamin B6, that protects the health of your nervous system and helps to renew cells.

Peppers contain beneficial antioxidants and play a protective role against certain cancers.

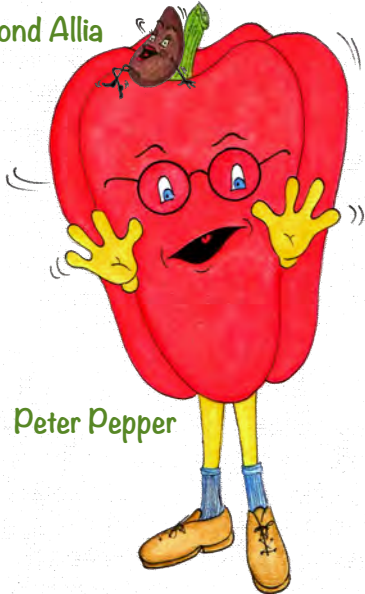
They also protect your eye sight, helping you to avoid problems, especially later on in your life, when you are a grandma or grandpa.

# Red Pepper YUMMY YUM-MUS

## What you need

- 2 small or 1 1/2 medium red bell peppers
- 1 can of drained and rinsed chickpeas
- 1/2 squeezed medium lemon
- 2 medium cloves of garlic, minced
- 3 tbsp almond butter
- 1/8 to 1/4 tsp of chili powder
- 1 pinch of paprika and salt, to taste
- 2 tbsp virgin olive oil
- 1 tbsp of finely chopped parsley
- 1 tbsp of shaved almonds\*

Almond Allia



Peter Pepper

## What to do

Core and seed the bell peppers.

Slice vertically in quarters and set on a baking tray.

Broil for about 10 to 15 minutes (until roasted)

Take peppers from oven and let them cool into a gallon size, sealed plastic bag.

Peel peppers and chop into small pieces (use an abundant 1/2 cup, setting aside the rest for garnishing)

Blend chickpeas, lemon juice, garlic, almond butter, chili, paprika and salt until smooth.

Add the filled 1/2 cup of peppers and olive oil, blend again, adding 1 or 2 tbsp of water to desired thickness.

Pour 'Yum-mus' into a bowl and garnish with left over, chopped roasted peppers, parsley and shaved almonds\*.

Dig up with veggies' sticks. Enjoy your Yummy Yum-mus!

\* In case of allergies, substitute almonds with a pinch of red pepper flakes.

Endives are a natural immune buster.

They are rich in beneficial vitamins. Vitamin A is particularly effective in protecting your eyesight, keeping your eyes sharp and healthy.

Endives have natural anti-inflammatory properties and antioxidants that protect against cancers.

Vitamins C and K, of which they are rich, are being used for research towards new cancer treatments. Vitamin K also helps to make sure that your bones and teeth are correctly supplied with calcium, which they need to stay strong.

Endives are a good source of fibers, that help you maintain a healthy digestive system and low cholesterol levels in your blood.

# ENdive SALAd Happy Bites

## What you need for about 20/26 pockets

3-4 endives  
(mix red and white for color)  
1 medium, medium ripe pear  
(Barlett or Williams)  
3-4 ounces of soft,  
herbs goat cheese  
1 tbsp full of liquid honey  
2 tsp of nutmeg  
a pinch of salt/pepper,  
to taste  
2 tbsp of pine nuts

Endive Edna



## What you do

Peel the pear and cut into small cubes.  
Place the cubes into a saucepan,  
with the honey and the nutmeg.  
Cook, stirring until the pear is tender  
(3-4 minutes)  
Remove from stove and set aside.

Wash the endives, cut 1/2 inch from the bottom,  
gently separate the leafs and lay them onto a platter.  
Spread a layer of goat cheese on all leafs,  
top the cheese with a tsp tip of pear mix.  
Sprinkle the pine nuts\* to garnish and add crunch.

When all pockets are filled in, their goods are ready  
to be delivered to your happy plate!



Tomatoes are considered both a fruit and a vegetable. They taste good, and are good for your health! Tomatoes contain many nutrients and vitamins, and are a good source of fiber and beneficial minerals. Tomatoes also provide antioxidants that help to prevent many cancers. Some other best known benefits of tomatoes are: they improve your vision; are good for your stomach health; protect your heart; help deal with diabetes. They are also great for your hair, helping maintaining it strong and shiny!



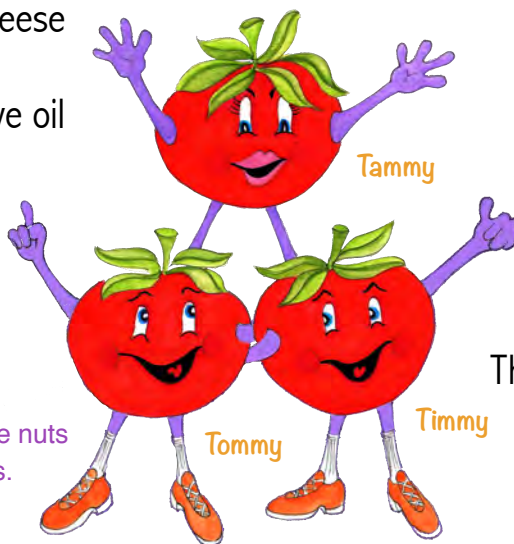
# Buttoned Up Cherry Tomatoes



## What you need per one person

- 3 or 4 halved cherry tomatoes, depending on size.
- 1 full teaspoon of fresh goat cheese per half.
- 1/2 teaspoon of extra virgin olive oil per half.
- 2 or 3 pine nuts per half (yummiier if roasted)\*
- 1 pinch of salt,
- a few flakes of pepper.

\*In case of allergies, substitute the pine nuts with raisin or dry cranberry buttons.



## What to do

- Wash the cherry tomatoes and cut them in halves.
- Seed them, making space for the goat cheese.
- Drizzle with olive oil and sprinkle with salt and pepper.
- Decorate the top with pine nuts 'buttons'.

This healthy **SNACK** is so delicious, you will want more of it!

Avocados are super healthy fruits!

They contain many important nutrients, like vitamins, minerals, and antioxidants that protect the health of your eyes.

They are also loaded with fiber, healthy fats, and are very low in carbs, which makes them a weight loss friendly food.

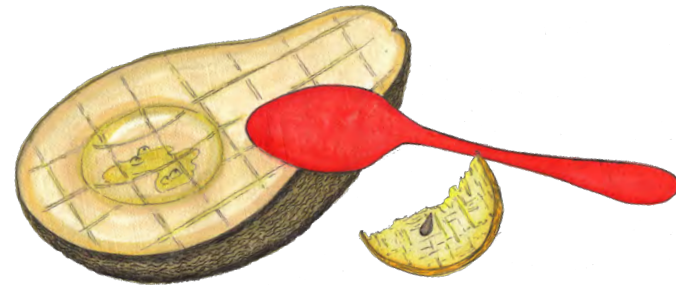
In addition, avocados might help prevent cancer, and their extracts might be beneficial against arthritis of the bones.

Avocados are deliciously healthy Super Food, that can be enjoyed combined with all sorts of other foods.

# Checkered Avocado Treat



Avocado Aldo



## What you need

1/2 avocado per person  
1 teaspoon of extra  
virgin olive oil  
salt and pepper to taste  
1/4 lemon per half.

## What to do

Cut a ripe avocado in half  
and remove its pit.  
Gently push the point of  
a knife inside the pulp to make  
vertical and horizontal  
(checkered) indentations.  
Pour the olive oil into the indentations  
sprinkle with salt and pepper.  
Finish squeezing the lemon on top.  
Enjoy this deliciously healthy **SNACK**  
with friends and family!

Bananas are nutritious fruits, rich in vegetable carbohydrates which, providing energy and with the help of potassium, strengthen your muscles, and are especially beneficial to growing children and athletes.

Bananas contain many vitamins, which help to remove toxins from your body, maintain the skin healthy and looking younger, and your nails strong. They also contain zinc, which strengthens your hair.

Bananas have more calories than other fruits, but they are very satisfying, so you will eat less of them, and they are not at all fattening. In fact, they are very digestible, good for your intestines, and help to balance the water in your body.

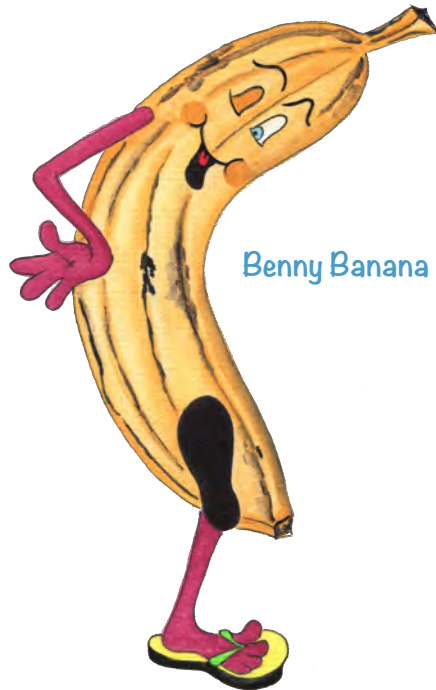
The phosphorus contained in bananas strengthens your mind and helps students and older people to increase their memory.

# Nutty Banana Cabana

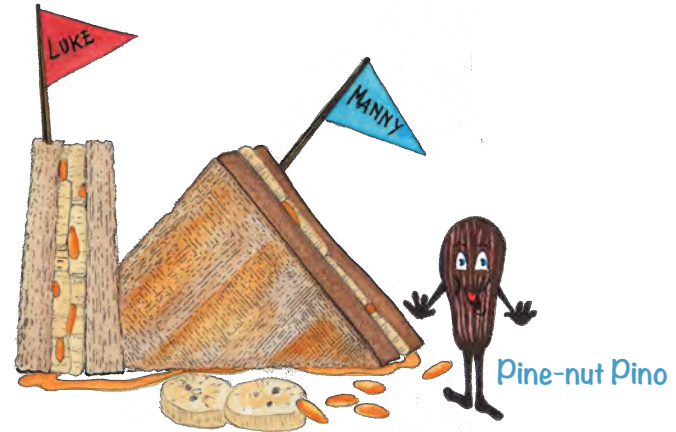
## What you need for two cabanas

- 2 slices of (whole or rye) bread, toasted
- 1 small banana cut into thick slices
- 1 teaspoonful of pine nuts or shaved almonds\*
- 1 tablespoon of low-fat ricotta cheese
- 1 teaspoon of liquid honey.

\* In case of allergies, substitute the nuts with crunchy, dark chocolate chips.



Benny Banana



Pine-nut Pino

## What to do

Spread the ricotta on one side of both toasted slices of bread. Cover the ricotta of one slice with the banana and the nuts, drizzle with the honey and cover with the other slice. Halve into two triangles for easier handling. You will go nuts for this delicious chewy/crunchy treat!



Pineapples are delicious, and very good for you, too! They contain vitamins, especially C, and beneficial minerals. If eaten at the end of a meal, pineapples will help you digest food better. They are rich in nutrients and fiber, but low in calories; in fact they can be used for weight loss and to treat obesity.

Pineapples are also great against water retention and limit the problems it causes, like cellulitis.

They protect your heart, helping your blood circulation run smoothly; and are anti-inflammatory, which helps athletes, as well as everybody else, to manage joint pain, back problems, and many other ailments.

# FLUFFY Pineapple Cake



## what you need for 10 kids

- one can of crushed pineapples including their juice
- 1 box of Angel Cake mix
- 2 tbs of pine nuts\*

\*In case of allergies, substitute the pine nuts with dark chocolate chips.

## what to do

- Preheat oven at 350 degrees.
- In a bowl, pour the Angel Cake mix, the crushed pineapples with their juice, and mix very well.
- Add the pine nuts and mix again.
- Pour everything in a baking pan.
- Bake until the top is tanned (About 40 minutes)
- Extract from the oven and let cool down.
- The cake will be ready to eat when it comes out of the pan easily.
- You might find that it is delicious with a layer of strawberry spread.

YUMMY in your happy tummy!