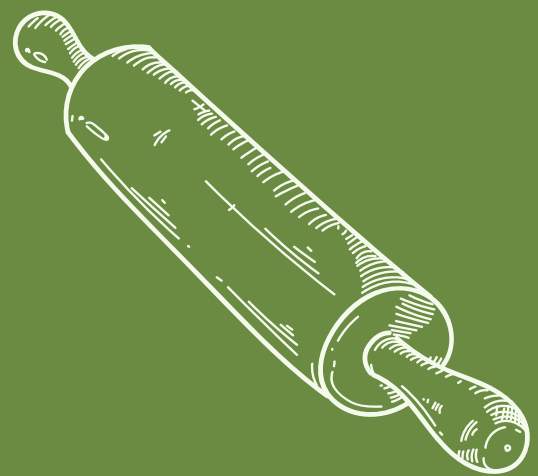


ERASMUS+ PROJECT "KIDS IN NATURE"



Cooking book

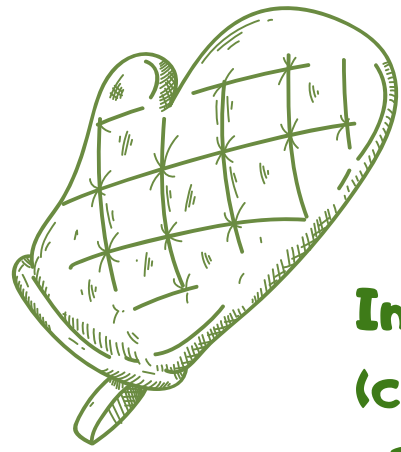




LATVIA



DAUGAVPILS VALSTSPILSĒTAS
VIDUSSKOLA



SWEET SALAD

Ingredients:

(choose according to the number of eaters)

- Pears;
- Apples;
- Strawberries;
- Blueberries;
- Sugar.



1. Wash all fruits and berries.



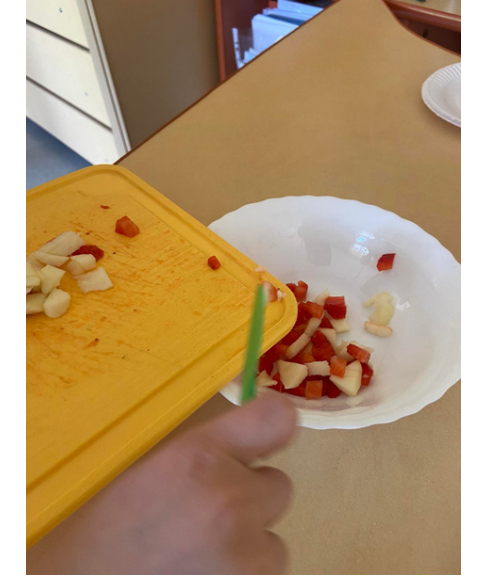
2. Carefully remove the peel and the leaves.



3. Cut fruits and berries into small pieces.



4. Pour all the sliced fruits and berries into one large bowl.



5. Mix all fruits and berries and add sugar and leave for 10 minutes.



6. The finished salad is beautifully arranged on a decorated plate.



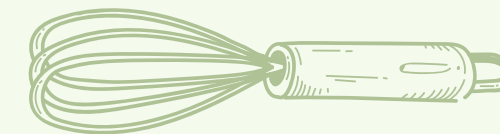
HEALTH DRINK

Ingredients:

- 1 rhubarb
- 2 cucumbers
- 2 carrots
- handful of greenery
- 1 tablespoon of honey
- 2 cups of water



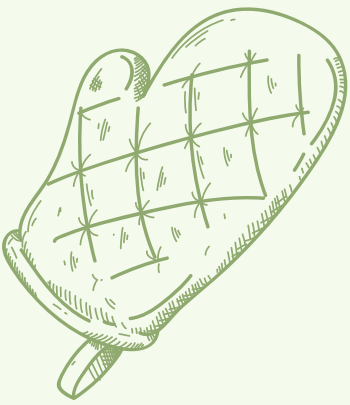
Second step - Cut all ingredients into small pieces



Third step - add all the other ingredients and mix together in a blender

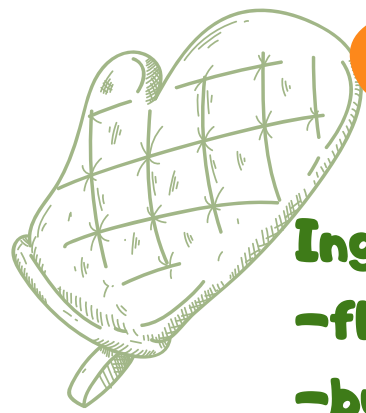


Enjoy your drink!



First step - peel off rhubarb and carrot





CARROT MUFFINS

Ingredients:

- flour 1 glass
- butter 100g
- carrots 2
- sugar 1 glass
- egg
- baking powder
- cream 2 table spoons



4. Add a glass of grated carrots

5. Add 2 tablespoons of sour cream



6. Add a glass of flour and 2 teaspoons of baking powder



7. Mix everything and put in muffin forms

8. Bake at 180 degrees for about 20 minutes



1. Melt the butter



2. Mix in the sugar

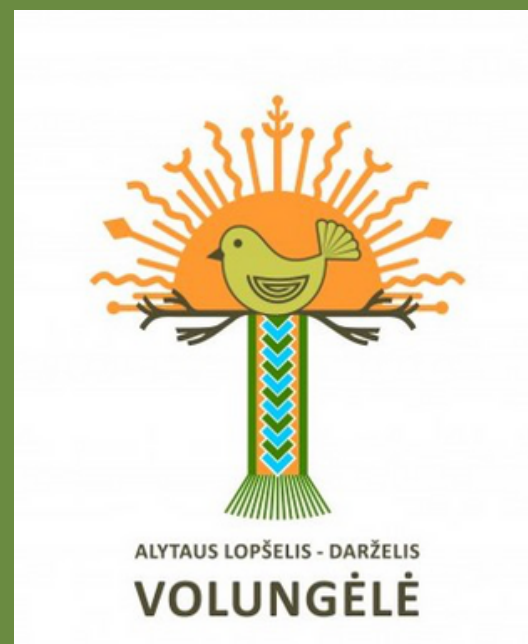


3. Add the egg



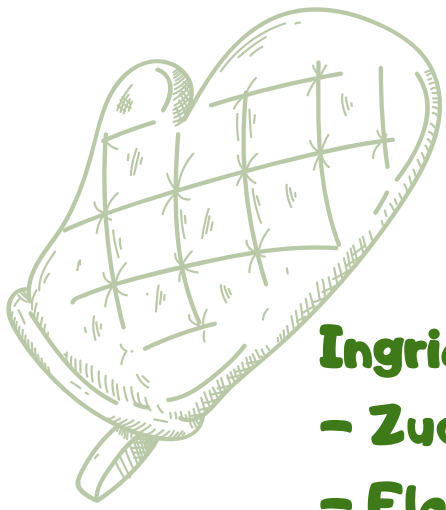


LITHUANIA



Kindergarten "VOLUNGELE"

Alytus



Zucchinni Waffles

Ingredients:

- Zucchini
- Flour
- 2 Eggs
- Honey or brown sugar



1. Peel and grate the zucchini



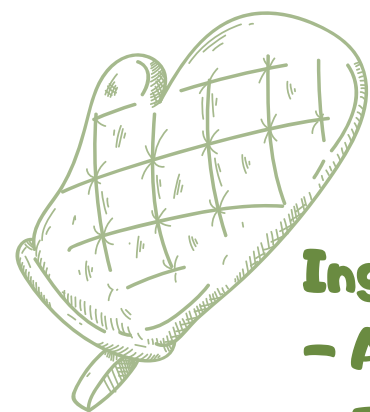
2. Mix in the eggs, flour and sugar



3. Pour the batter into the waffle maker and fry the waffle until it becomes golden brown in colour.



Natural Juice



Ingredients:

- Apple
- Banana
- Orange
- Carrot
- Pear



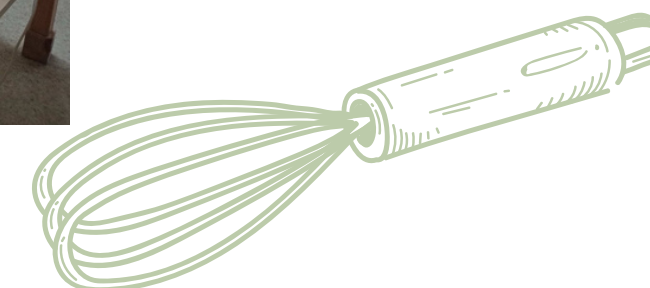
1. Wash and prepare fruits and vegetables



2. Slice and chop fruits and vegetables



3. Squeeze the juice and enjoy the healthy deliciousnes!



Traditional buckwheat flour cake "BOBA"



Ingredients:

- 250 g buckwheat flour
- 50 g buttermilk or milk
- 250 g sugar
- 5 eggs
- 250g butter/oil
- baking powder

1. Sift the flour



2. Mix the ingredients together one by one



3. Bake the cake at 180-200 C oven for about 40 minutes





BULGARIA



Kindergarten 178
"Srebarno kopitce"

Shopska salad

Ingredients:

- 2 cucumbers
- 2-3 tomatoes
- 1 pepper
- 1 onion
- 100-150g white cheese
- 1-2 tablespoons olive oil (optional)
- salt



**Cut all the products, add salt, stir
and grate the cheese on top.**



Tarator (cold soup)

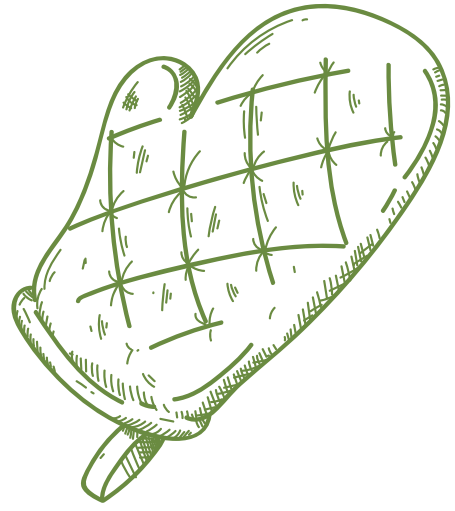
Ingredients:

- 2 cucumbers
- 2 cups yogurt
- 2 cups water
- 2 cloves garlic
- 1-2 tablespoons olive oil (optional)
- dill, salt



Grate the cucumbers or cut them into very small cubes. Grate the garlic, add the yoghurt, water, salt and stir. Finally add dill.





Fruit Salad

Ingredients:

- 3 bananas
- 4 kiwis
- 5 apricots



The fruits are cut and arranged in a certain way according to the imagination of the chef.

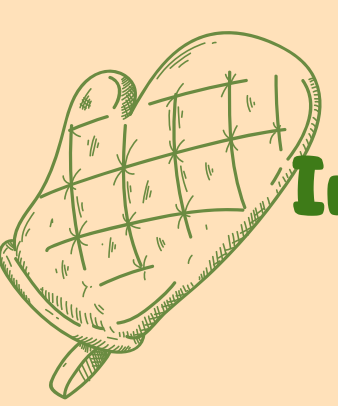




ROMANIA



Kindergarten No. 1,
Buzau, Romania



BUZĂU PRETZELS

Ingredients:

- flour
- water
- yeast
- sugar
- salt
- mac
- sesame



1. Mix flour with water, yeast and sugar and leave .
to ferment.



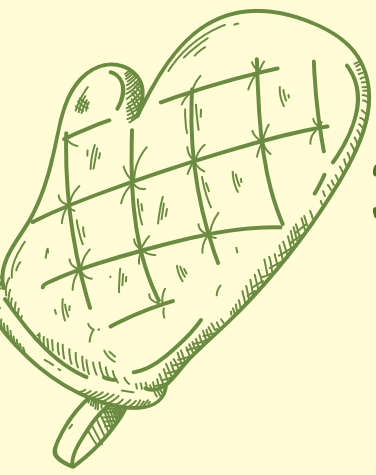
2. Pretzels are formed and carefully cooked



3. Sprinkle sesame seeds, poppy seeds, coarse salt
and put in the oven until they turn golden.



PICKLES



Ingredients:

- carrot
- celery
- cauliflower
- pepper
- the goons
- peppercorns
- dill
- pickle salt
- water
- vinegar



1. Wash the vegetables and cut them into small pieces.



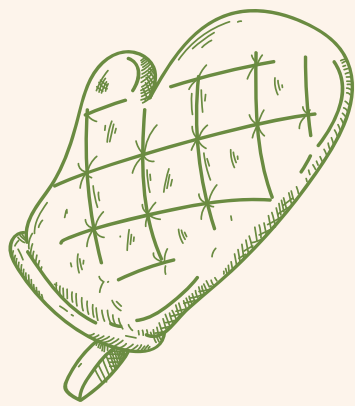
2. Put them in a jar and pour brine made with salt, water, then add pepper, dill, basil, vinegar. The jars are boiled to last the winter.



FRUIT SALAD

Ingredients:

- apples
- pear
- grapes
- quince
- plums
- nuts



Wash the fruit and cut it.



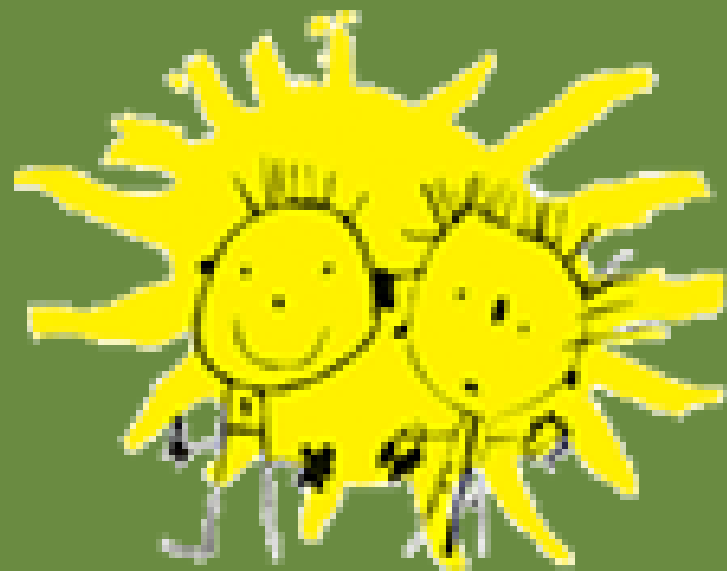
Mix in a bowl and enjoy fresh.

The fruit salad is delicious!





SLOVENIA



šentvid

VRTEC ŠENTVID

Ljubljana



FRUIT YOGHURT ICE CREAM

Ingredients:

- yoghurt
- apricots
- bananas
- apples



1. Slice apricots, bananas and apples.



2. Add yoghurt.



3. Mix the ingredients with blender.



4. Put the mixturer in ice cream mold and leave it in the freezer overnight.



TIP: For different taste use different fruit (strawberries, raspberries, blueberries ...) or fruit yoghurt.



PUMPKIN SOUP

INGREDIENTS:

- pumpkin
- water
- salt



1. Cut the pumpkin. Remove the seeds.



2. Cut the pumpkin into chunks.



3. Put it into a pot and add salted water. Cook it until pumpkin gets soft.

4. Use a stick blender to blend the mixture into a smooth soup.

5. You can add roasted pumpkin seeds, sour cream and croutons.



HEALTHY LEMONADE

INGREDIENTS:

- herbs from the garden – mint and melissa
- 1 ginger
- 2 lemons
- 2 limes
- 1 l water

1. collect herbs from the garden and clean them



2. Cut the lemons and lime in half and juicie them



3. Peel the ginger and grate it



4. Put all the ingredients in a mug and add 1 liter of water



JUST MIX IT AND DRINK IT



TURKEY



Kindergarten "Menekşe Ahmet Yalçinkaya"
Kirsehir



PICKLE

Ingredients:

- Cucumber
- Cabbage
- Carrot
- Garlic
- Tomatoes
- Pepper
- Vinegar



1. Wash all the vegetables and then chop them.



2. Put garlic in jars



3. Put all the vegetables in the jar and add vinegar to it



BISCUIT CAKE

YOU WILL NEED:

1 glass of milk

1 pack of biscuits

1 packet of margarine

1 handful of walnuts

1 pack of cocoa

1 packet of vanilla

Chocolate



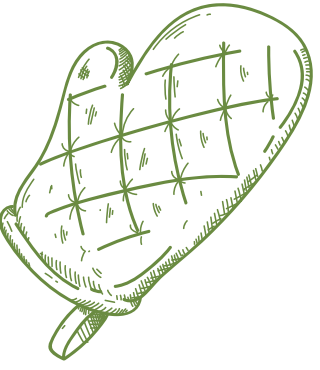
The first step - cut the biscuits into small pieces, add the milk, walnuts, cocoa, margarine and vanilla.



Second step - Knead all the ingredients, put them in the muffin tin. Put it in the refrigerator and wait for it to freeze



enjoy the cookie



YOGURT

Ingredient
- Milk
- Yogurt yeast



2. Take 2 tablespoons of yoghurt in a bowl and add warm milk on it and mix.



3. This warm mixture is added to the milk and combined



1. The milk is boiled and left until warm.

Enjoy your meal

Thank you!
Enjoy cooking!

KIDS IN NATURE



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2020-2023