



RECIPES

A DELICIOUS REFRESHING COCKTAIL

Ginger has a lot of bioactive ingredients that have anti-inflammatory and antioxidant properties.

1 frozen banana
1 small tin of coconut milk
(150ml)
3 thin slices of fresh ginger

Peel the ginger and banana
and blend together.

RASPBERRY COCKTAIL

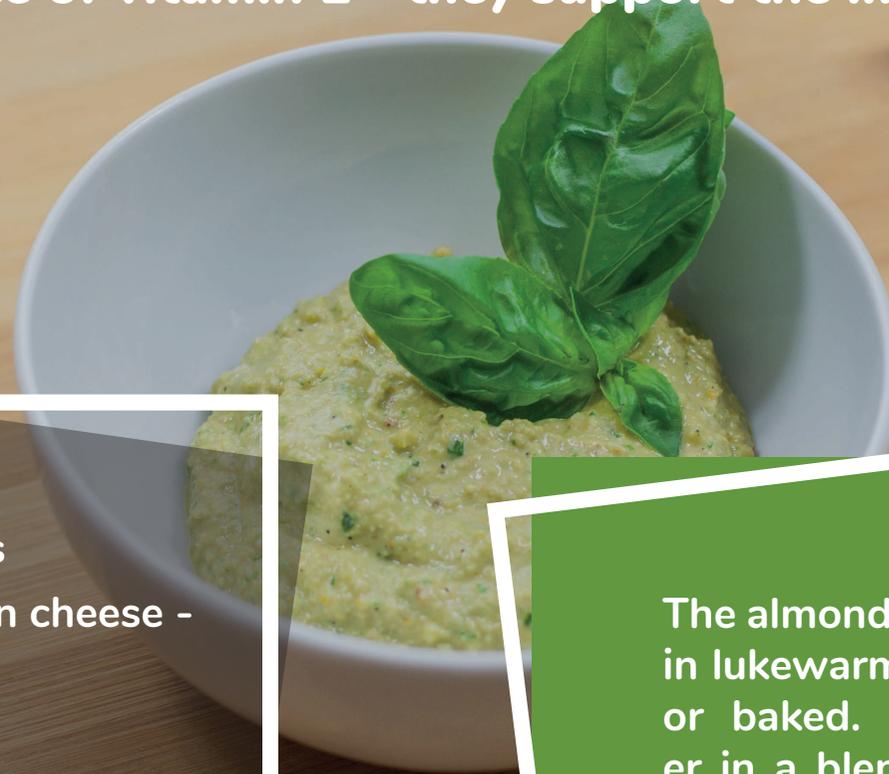
Raspberries are not only delicious but also have a whole range of health benefits.

150 ml of kefir
100 g of fresh raspberries
Half a banana
Fresh mint - 3 leaves

Blend all the ingredients together.

ALMOND PESTO WITH DRIED TOMATOES

Almonds - a rich source of vitamin E - they support the immune system.



Almonds - 1 glass
Basil leaves - 2 handfuls
Freshly grated Parmesan cheese -
3 tablespoons
¼ cup of olive oil
3 cloves of garlic
Four dried tomatoes (without oil)
Himalayan salt
Lemon pepper

The almonds should be soaked in lukewarm water and peeled or baked. Mix them together in a blender with the olive oil, cloves of garlic, Parmesan cheese and dried tomatoes. Then add basil. Season with salt and pepper.

WATERMELON SALAD

Watermelon - a source of antioxidants (glutathione), which strengthens the immune system.

200 g of spinach/rucola
150 g of watermelon
30 g of feta cheese
Pumpkin seeds - a teaspoon
1/3 of a red onion
A teaspoon of pumpkin seed oil

Wash the spinach and dry it on a white paper towel. Cut the watermelon and feta cheese into small cubes. Slice the onion into thin discs and mix everything together with the pumpkin seed oil and sprinkle with pumpkin seeds.

GREEN SHAKE

Avocado - a source of potassium, B6 vitamins and omega-3 acids.

Peel the avocado and wash the spinach. Blend all the ingredients together.

1 ripe avocado
1 ripe banana
1 teaspoon of lemon juice
1 handful of spinach
1 tablespoon of ground linseeds
1 glass of water

HEALTH DRINK

Kale (for children)

Raw kale - 1 handful
One ripe banana
One kiwi
Ground linseeds - 1 tablespoon
 $\frac{3}{4}$ of a glass of cold water

Blend all the ingredients together.



SALMON PANCAKES (FOR CHILDREN)

Salmon - omega-3 acids.

100 g of salmon fillet without skin
60 g of carrot
1 raw egg
Flour, preferably not wheat flour - 2
tablespoons (millet, spelt, buckwheat)
100 g of courgette
Lemon juice
Clove of garlic
Dill
A tablespoon of rapeseed oil

Grate the carrot and courgette, add the remaining ingredients, carefully cut the salmon into smaller pieces and mix together, creating a sticky mass and fry in a hot frying pan. The pancakes can also be baked. Rapeseed oil is not needed if baking.



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BON APPETITE