



Delicious &
easy

Winter Treats
for a Joyful Cold Season



Millet-Porridge

with hot cherries

Ingredients for 2 servings:

- 70 g millet
- ½ tsp cinnamon
- 400 ml milk
- 2 tbsp maple syrup
- 150 g pitted cherries (frozen)
- 2 tsp butter
- 1 tsp honey
- Optional: roasted nuts

1

Place the millet and cinnamon in a saucepan. Gradually add the milk while stirring continuously, then bring to gentle boil. Stir in the maple syrup.

2

Let the mixture cook over low heat for 3 to 4 minutes, stirring constantly. Turn off the stove, but let the millet continue to swell for 10 minutes, stirring occasionally.

3

Meanwhile, heat the cherries in a pan with a little butter. Add the honey and let them simmer over medium heat for about 5–8 minutes, stirring occasionally, until soft.

4

Spoon the millet porridge into two bowls, top with the warm cherries, and sprinkle with roasted nuts if desired.



Sweet Potato Toast

with Almond Butter

Ingredients for 1 serving:

- 3 slices sweet potato (0.5–1 cm thick)
- 3 tbsp almond butter
- 1 banana
- 1 tsp chia seeds
- 1 tsp honey

1

Place the sweet potato slices in a toaster and toast for two to three rounds, until they are tender. Put on a plate and spread with almond butter.

2

Slice the banana and arrange the slices on top of the sweet potato toasts. Sprinkle with chia seeds and drizzle with honey.

Tip: You can easily vary these toasts – try using seasonal fruits or any nut butter you have on hand.



Chocotate Granola-Bites

Ingredients for 8 balls:

- 150 g granola, crunchy muesli
- 100 g nut butter
- 4 tbsp maple syrup
- 2 tbsp coconut oil
- 200 g dark chocolate
- Optional: salt

Tip: Add a pinch of speculoos spice to the melted chocolate for a Christmas twist.

1

In a bowl, combine the granola, nut butter, maple syrup, and melted coconut oil until the mixture becomes slightly sticky.

2

Form the mixture into 8 balls and place them on a plate lined with baking paper. Put in the fridge for at least one hour.

3

Melt the chocolate over a water bath (double boiler) and let it cool slightly.

4

Remove the granola bites from the fridge and dip the tops briefly into the melted chocolate. Place them back on the baking paper and sprinkle with a bit of salt.



Baked Apple Porridge

Ingredients for 1 Serving:

- 200 ml oat milk (or regular milk)
- 5 tbsp rolled oats
- 2 tbsp sliced almonds
- 1 tbsp raisins
- 1 pinch of salt
- 1 tsp cinnamon
- 1 tsp butter
- 1 apple
- 1 tsp honey
- Optional: apple slices, nuts for topping

1

Peel the apple, cut it into small cubes, and sauté in a pan with a little butter.

2

Add the raisins, cinnamon, and sliced almonds, and cook for about 5 minutes.

3

Pour in the oat milk, add the oats and salt, and simmer for another 5 minutes, stirring occasionally. Put into a bowl, top with extra apple slices and nuts if desired, and enjoy warm.



Almond Vanilla Crescents

Ingredients for 25 pieces:

- 110 g almond flour
- 60 g ground blanched almonds
- 90 g butter, softened
- 1 tbsp vanilla sugar
- 50 g powdered sugar
- 1 egg yolk (size L)
- 1/2 tsp baking powder
- 1/4 vanilla pod (seeds scraped out)
- 1 small pinch of salt
- Extra powdered sugar and vanilla sugar for dusting

1

In a bowl, mix the almond flour and ground almonds. In a separate bowl, beat the softened butter with the sugar until creamy, then add the egg yolk and mix well.

2

Add the almond mixture to the wet ingredients and knead into a soft dough. Form the dough into a ball, wrap in plastic wrap, and let it rest for about 30 minutes.

3

Preheat the oven to 180°C (top/bottom heat). Divide the dough into smaller portions. On a lightly floured surface, roll each portion with your palm into small logs, shape into crescents, and place on a baking sheet lined with parchment paper. Bake for about 10 minutes, until lightly golden.

4

Mix powdered sugar and vanilla sugar together, then gently roll the still-warm crescents in the mixture to coat.



Roasted Chickpeas

with Cinnamon & Sugar

Ingredients for 1 tray:

- 1 can chickpeas (about 400 g)
- 1–2 tbsp neutral oil (e.g. rapeseed or coconut oil)
- 2 tbsp sugar
- 1 tsp cinnamon
- 1 pinch of salt
- Optional: ½ tsp vanilla sugar

1

Drain and rinse the chickpeas thoroughly, then pat them dry with a kitchen paper.

2

Preheat the oven to 200°C (top/bottom heat). Spread the chickpeas on a baking sheet lined with parchment paper and roast for 20–25 minutes, without seasoning, until golden and crispy. Shake or stir halfway through.

3

In a bowl, mix the sugar, cinnamon, salt (and vanilla sugar, if using). As soon as the chickpeas come out of the oven, drizzle them with oil and toss them in the cinnamon-sugar mixture until evenly coated.

4

Spread them back out on the tray and let them cool completely – they'll become even crispier as they cool.



Lentil Salad

with roasted Winter Vegetables

Ingredients for 4 servings:

- 300 g Beluga lentils
- 300 g Brussels sprouts
- 3 beet roots
- 2 carrots
- 3 sprigs thyme
- 200 g feta cheese
- 7 tbsp olive oil
- 50 ml apple cider vinegar
- 1 tsp mustard
- 2 tbsp honey
- ½ tsp ground coriander
- 1 tsp sumac
- ¼ tsp cayenne pepper
- Salt and pepper

1

Preheat the oven to 200°C. Cook the lentils according to the package instructions.

2

Wash, trim, and if necessary, peel the vegetables. Cut them into bite-sized pieces. Place them in a large bowl, drizzle with 3 tbsp olive oil, and season with salt and pepper. Spread the vegetables on a baking sheet, add the thyme sprigs, and roast for about 20 minutes, until tender and lightly browned.

3

For the dressing, whisk together 4 tbsp olive oil, apple cider vinegar, mustard, honey, coriander, sumac, and cayenne pepper in a small bowl. Season with salt and pepper to taste.

4

In a large bowl, combine the roasted vegetables and lentils with the dressing. Crumble the feta over the top and serve warm or at room temperature.



Stuffed Baked *Pumpkin*

Ingredients for 2 servings:

- 1 small pumpkin, Hokkaido or butternut
- 80 g quinoa
- 100 g chickpeas
- 2 tbsp olive oil
- 2 tbsp tomato paste
- 2 tbsp soy sauce
- 1 tsp paprika powder
- ½ tsp ground cumin
- Salt and pepper
- 100 g feta cheese
- 1 handful arugula (rocket)
- ¼ pomegranate (seeds)

1

Preheat the oven to 180°C (top/bottom heat). Wash the pumpkin, cut in half, and remove the seeds. Brush with oil and season generously with salt. Place the pumpkin halves on a baking sheet and bake for 25 minutes.

2

Rinse the quinoa thoroughly and cook according to package instructions. Drain the chickpeas and rinse well. In a bowl, combine the quinoa and chickpeas with the tomato paste. Season with olive oil, soy sauce, paprika, cumin, salt, and pepper.

3

Remove the pumpkin from the oven and evenly fill each half with the quinoa mixture. Top with feta and bake for another 10 minutes. Wash and pat dry the arugula. Remove the pomegranate seeds and sprinkle both over the pumpkin before serving.



Orange Fennel Salad

Ingredients for 2 servings:

- 1 fennel
- 3 oranges
- 10 g dill
- 1 spring onion (green part)
- 2 tbsp tahini
- 2 tbsp olive oil
- 1 tsp flaxseed oil
- 2 tsp agave syrup
- 2 tsp coarse-grain mustard
- Salt and pepper
- 30 g sliced almonds

1

Wash the fennel, cut in half, and slice into thin strips. Peel the oranges and squeeze the juice from one orange. Wash and finely chop the spring onion. Wash, shake dry, and finely chop the dill.

2

For the dressing, whisk together olive oil, flaxseed oil, orange juice, tahini, agave syrup, and mustard. Season with salt and pepper.

3

In a bowl, combine the fennel, orange slices, dill, and spring onion. Toss with the dressing. Divide the salad onto two plates and sprinkle with sliced almonds before serving.



Orange & Pear

Winter Punch

Ingredients for 2 cups:

- 2 bags fruit tea (e.g. apple-orange, rooibos-orange, winter fruit)
- 400 ml water
- 1 ripe pear
- 1 organic orange
- 1 cinnamon stick
- 1–2 cloves
- 1–2 slices fresh ginger
- Optional: 1 tsp honey or maple syrup

1

Bring the fruit tea and 400 ml water to a boil in a pot and let steep for 5–8 minutes. Cut the pear into pieces and squeeze the juice from the orange.

2

Add the pear pieces, orange juice, ginger, cinnamon, and cloves to the tea. Simmer gently for 5–10 minutes to allow the flavors to blend.

3

Sweeten lightly with honey or maple syrup if desired, and serve hot in two cups.

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