



5 delicious recipes
for your
fasting regimen

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Eat your fill!

alkaline fasting



Potato soup

with Jerusalem artichoke

Ingredients for 4 servings:

- 500 g Jerusalem artichokes
- 2–3 medium-sized potatoes
- 1 clove of garlic
- 2 tbsp olive oil
- 1 tsp curry powder
- 1 liter vegetable stock
- 4 slices whole grain/white bread
- 1 tbsp cream cheese or sour cream
- Salt
- Pepper

1

Peel the Jerusalem artichokes and potatoes and cut them into pieces. Peel the garlic clove and chop it coarsely.

2

Heat 1 tablespoon of olive oil in a pot and sauté the Jerusalem artichoke and potato pieces and garlic for 1 minute.

3

Add the curry powder and sauté briefly. Add the vegetable stock, season with salt and pepper, and simmer for 15 minutes.

4

In the meantime, dice the bread. Toast in a pan with the remaining olive oil over medium heat for 4–5 minutes.

5

Remove the soup from the heat and purée until smooth. Stir in the cream cheese and serve with the bread croutons and fresh herbs to taste.



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Buckwheat salad

with beetroot

Ingredients for 2 servings:

- 150 g buckwheat
- 1 L vegetable broth
- 1 beetroot
- 100 g mushrooms
- 1 red onion
- 60 g hazelnuts
- Fresh herbs (parsley, cilantro)

For the dressing:

- 3 tbsp olive oil
- ½ lemon (juice)
- 1 tsp mustard
- 1 tsp honey
- 1 dash of lemon juice
- Salt, pepper

1

Peel the beetroot, cut into wedges, and bake in the oven for about 30 minutes until cooked. Roughly chop the hazelnuts, toast them in a pan without oil, and set aside.

2

Cook the buckwheat in one liter of vegetable stock for about 20 minutes, drain, and let cool.

3

Clean the mushrooms, slice them, peel the onion, and dice it into small cubes. Sauté both in a pan with a little oil.

4

For the dressing, mix all ingredients together and season with salt and pepper to taste.

5

Place the buckwheat in a bowl, pour the dressing over it, and mix well. Add the beetroot, onions, and mushrooms, then stir in the hazelnuts.

6

Finally, garnish with fresh herbs.



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Mashed *baked potatoes*

Ingredients for 4 servings:

- 1 kg potatoes (waxy)
- Olive oil
- Rosemary (or thyme)
- Salt, pepper
- Fresh herbs of your choice (parsley, chives)

1

Wash the potatoes and boil them in salted water for about 20 minutes until al dente.

2

Drain the water, return the potatoes to the pot, and let them steam off.

3

Once the residual water has evaporated and the potatoes are no longer so wet, spread them out on a baking sheet lined with parchment paper and flatten them with a potato masher. Brush with oil, sprinkle with rosemary, salt, and pepper, and bake in the oven for about 30–40 minutes.

4

Once the desired degree of browning has been achieved, remove the potatoes from the oven, sprinkle with herbs, and serve as a side dish or even as a main course.



alkaline muesli

Ingredients for 1 serving:

- 3 tbsp millet flakes
- 2 tbsp tiger nut flakes
(drugstore, organic grocery store)
- 100–150 ml water
(alternatively unsweetened soy
or tiger nut milk)
- 1 banana
(or a handful of seasonal fruit)
- 1 tbsp chopped walnuts
- 1 tbsp sliced almonds
- 1 tsp shredded coconut

1

Place the millet and tiger nut flakes in a bowl and mix with 100–150 ml of hot water or soy or tiger nut milk.

2

Peel the banana, slice it, and add it to the muesli along with the walnuts, almonds, and shredded coconut.

3

Mix everything well – and enjoy!



kale chips

Ingredients for 1 bowl:

- 500 g fresh kale
- 2 tbsp sesame paste or peanut butter
- 4 tbsp vegetable oil
- Salt, pepper

1

Pluck the kale and remove any tough stems.

2

Mix together the sesame paste, oil, salt, and pepper to make a marinade.

3

Dip the kale pieces in the marinade and place them on a baking sheet lined with parchment paper.

4

Bake in the oven at 140 degrees for about 20 minutes.

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Imprint

Publisher:
LaVita GmbH, Ziegelfeldstr. 10, 84036 Kumhausen

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