



Ready in no
time, light &
delicious

10 healthy
10-minute recipes



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Smoothie bowl

Ingredients for 1 serving:

- 100 g berries (or mixed berries), e.g. frozen
- 1 ripe banana
- 200 g (coconut) yogurt
- 30 g oat flakes
- 1 tbsp chia or flax seeds
- Optional: a little milk

1

Wash the berries, peel the banana, and place in a blender with the remaining ingredients. Purée everything until smooth and adjust the consistency with a little water or milk if necessary.

2

Pour the smoothie into a bowl and garnish as desired.



Vollkorn- *Avocado-Toast*

Ingredients for 1 serving:

- 2 slices of whole grain bread
- 1 tablespoon cream cheese
- 1 handful of arugula
- 1 avocado
- 1 tablespoon pumpkin seeds
- 1 tablespoon sesame seeds
- 1 squeeze of lemon juice
- Salt, pepper

1

Spread cream cheese on whole grain bread. Wash the arugula, pat dry, and place on the bread.

2

Halve the avocado, remove the pit, and slice the flesh. Divide between the two slices, season with lemon, salt, and pepper, and garnish with seeds and sesame seeds.



Chia chocolate *custard*

Ingredients for 2 glasses:

- 4 tablespoons chia seeds
- 2 tablespoons baking cocoa, heavily de-oiled
- 200 ml almond milk
- 1 teaspoon honey

For decoration:

- Fresh berries
- Nuts

1

Mix the chia seeds, baking cocoa, milk and honey well in a bowl or blender until you have a creamy pudding. Leave to stand for an hour if desired.

2

Divide between two glasses and garnish with fresh berries and nuts as desired.



Tip: Prepare more and enjoy some the next day too. The pudding will keep in the refrigerator for about 3 days.



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Gnocchi and broccoli

frying pan

Ingredients for 2 servings:

- 250 g gnocchi (from the refrigerated section)
- 200 g broccoli
- 1 handful of rocket
- 2 tbsp grated cheese
- Salt, pepper
- Oil for frying

1

Fry the gnocchi in a little oil in a pan until crispy on both sides.

2

Break the broccoli into florets, wash thoroughly and fry in the pan for the remaining 3–5 minutes. Season with salt and pepper.

3

Wash the rocket and pat dry.

4

Arrange the gnocchi and vegetables on plates and garnish with rocket and grated cheese.



Mediterranean wrap

with halloumi cheese

Ingredients for 2 servings:

- 200 g halloumi cheese
- 200 g mixed salad leaves
- ½ cucumber
- 2 vine tomatoes
- 2 wraps
- 1 pinch of oregano
- 1 dash of lemon juice
- 4 tbsp hummus

For the dressing:

- 1 tbsp balsamic vinegar
- 1 tsp mustard
- 1 tsp olive oil
- 1 tsp honey
- 1 tsp water
- Salt, pepper

1

Slice the halloumi and fry in a pan with a little olive oil until crispy on both sides.

2

Wash the vegetables and cut them into bite-sized pieces. Wash and clean the lettuce and spin dry. Place the vegetables and lettuce in a bowl and mix with the salad dressing made from balsamic vinegar, olive oil, mustard, honey, water and a pinch of salt and pepper.

3

Place the flatbreads in a pan and heat gently for approx. 5 minutes.

4

Once the cheese is crispy, season with oregano and pepper and drizzle with lemon juice.

5

Place the warm flatbreads on plates, spread with hummus and fill with salad and halloumi. Roll up and enjoy.



Chickpea *rocket salad*

Ingredients for 2 servings:

- 250 g rocket
- 250 g cherry tomatoes
- 1 avocado
- 200 g chickpeas (from a tin)
- 1 dash of lime juice

For the dressing:

- 2 tbsp balsamic vinegar
- 1 tbsp yoghurt
- 1 tsp mustard
- 1 tsp honey
- Salt, pepper
- 3 tbsp olive oil

1

Wash the rocket and tomatoes, quarter the tomatoes, halve the avocado, remove the stone and slice the flesh.

2

Drain the chickpeas, rinse well and pat dry.

3

For the dressing, mix the balsamic vinegar, yoghurt, mustard, honey, a little salt and pepper in a glass and finally stir in the olive oil.

4

Mix the rocket, tomatoes, avocado and chickpeas in a bowl, marinate with the dressing and mix well. Divide the salad between plates and drizzle with lime juice.



Tip: Roast the chickpeas in the oven for approx. 20 minutes until crispy.



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Chocolaty *cupcake*

Ingredients for 1 serving:

- 6 tbsp flour
- 3 tbsp cocoa powder
- ¼ tsp baking powder
- 1 tbsp erythritol
- 1 pinch of salt
- 6 tbsp (plant-based) milk
- 2 tbsp neutral vegetable oil
- 1 tbsp hazelnut butter

1

Mix the flour, cocoa powder, baking powder, erythritol and salt in a cup. Add the milk, oil and hazelnut butter and mix well with a fork.

2

Place the cup in the microwave for two and a half minutes at 600 watts. If the cake is still too soft, microwave for another 20 seconds.

3

Optionally serve with hazelnut butter, cherries or coconut flakes and enjoy warm.



Banana split with nuts

Ingredients for 1 serving:

- 1 banana
- 1 teaspoon honey
- 2 tablespoons peanut butter, alternatively: peanut butter
- 2 tablespoons chopped nuts
- 1 tablespoon dried fruit

1

Peel the banana and cut it in half lengthwise.

2

Spread with honey and peanut butter and garnish with nuts and dried fruit.



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Zucchini pasta

with pesto

Ingredients for 1 serving:

- 1 courgette
- 1 tbsp olive oil
- 1 tsp chilli flakes
- 2 tbsp pesto
- 4 dried tomatoes
- 1 tbsp grated cheese
- Salt, pepper

1

Clean and wash the courgettes and cut them into fine spaghetti strips using a spiral cutter.

2

Heat the olive oil in a pan, add the spaghetti and sauté for 2–3 minutes. Sprinkle with chilli.

3

Remove the pan from the heat and stir in the pesto, tomatoes and grated cheese. Season to taste with salt and pepper and enjoy.



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Corn waffles

with apple & peanut

Ingredients for 1 serving:

- 2 corn waffles
- 2–3 tbsp peanut butter
- ½ apple
- 30 g chopped nuts

1

Wash the apple and cut it into thin slices.

2

Spread peanut butter on corn waffles, top with apple slices and garnish with nuts.

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