

## Granola salty-spicy

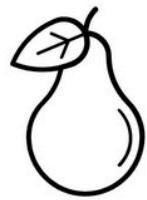
### Ingredients:

1 small cup of crushed walnuts  
1 small cup of crushed cashews  
1 small cup of rolled oats  
1 small cup of linseed  
1 small cup sesame seeds  
1 tsp salt  
1/2 tsp chilli flakes  
some pepper

### Preparation:

Preheat the oven to 180 degrees top/bottom heat. Mix all the ingredients in a bowl and then place on a baking tray lined with baking paper. Place in the oven and after 8 minutes, turn the granola mixture for even roasting. After a further 5 minutes, the granola is ready. Leave to cool and use as a topping for salads or soups. The granola topping will keep for a couple of weeks in a jar.





## Herb Hummus

### Ingredients:

approx. 400g cooked chickpeas

1 clove of garlic

2 tbsp tahini

2 tbsp olive oil

salt

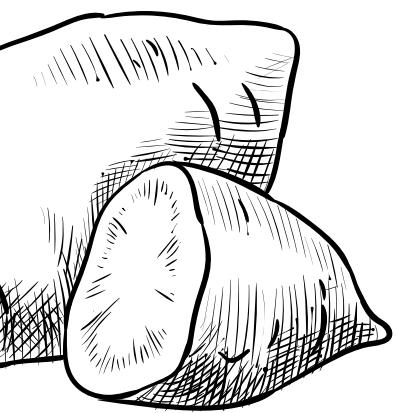
1/2 bunch of herbs (e.g. parsley)

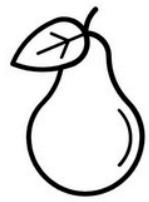
a little water if necessary

### Preparation:

Wash the herbs and pat dry. Rinse the chickpeas in a strainer and drain. Peel the garlic clove. Blend everything with a hand blender in a tall container to a homogeneous sauce.

Goes well as a spread or side dish.





## Rolls

### Ingredients:

500g flour

1 cup warm water

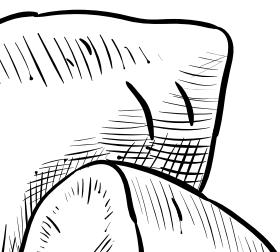
1 tsp salt

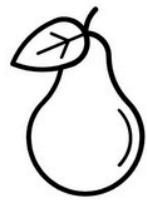
1 tsp dry yeast

1/2 tsp sugar

### Preparation:

Mix the dry yeast with water and sugar, leave to rest briefly. Then make a dough of flour, salt and yeast mixture, knead well. Shape into small, round blanks and place on a baking tray lined with baking paper. Preheat the oven to 200 degrees. Leave the blanks to rest briefly, brush with water and then bake for 15 minutes.





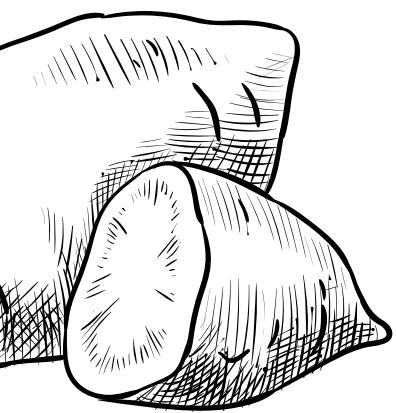
## Tzatziki Freestyle

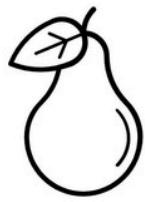
### Ingredients:

100g low-fat quark  
200g natural yoghurt  
1/2 tsp salt  
1 tbsp olive oil  
1/2 -1 cucumber  
1/2 lemon, juice  
1-2 garlic cloves

### Preparation:

Mix the quark and yoghurt. Add the oil, lemon juice and a little lemon zest. Wash the cucumber and grate into the yoghurt quark. If desired, peel, chop or crush a clove of garlic and stir in. Flavour with salt and pepper.





## Apple-Crumble vegan

### Ingredients:

4 small apples

2 tbsp margarine

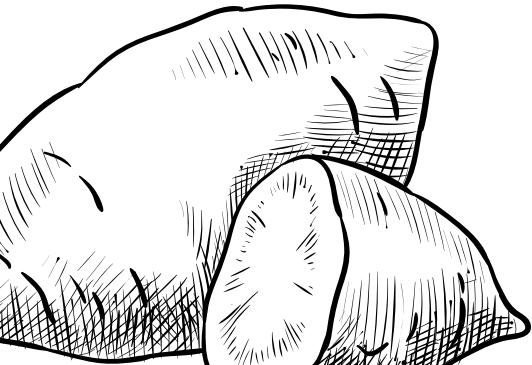
2 tbsp walnuts

4 tbsp instant oat flakes or fine flakes

2 tsp sugar

### Preparation:

Wash the apples, pat dry, chop into small cubes and place in an ovenproof bowl. Crush the walnuts in a food processor. Mix the walnuts, rolled oats, margarine and sugar with your hands and pour the crumble mixture over the apple pieces. Bake at approx. 180 degrees for 10-15 minutes.





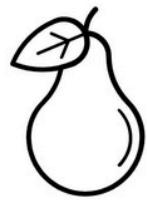
## Vegan Banana Bread

### Ingredients:

2-3 ripe bananas/ 120 g sugar/ 4 tbsp vegan butter/ 4-5 tbsp plant-based milk/ 1 tbsp vinegar/ 80 g soft rolled oats/ 180g flour / 4 tbsp walnuts/ 2 tsp baking powder/ 0.5 tsp cinnamon/ 1 pinch of salt/ optional 25 g chocolate drops

### Preparation:

Preheat the oven to 180 °C top/bottom heat. Brush a 20 cm loaf tin with a some oil and set aside. Mash the bananas in a large bowl and mix with all the other wet ingredients (milk, melted fat, sugar, vinegar). Then crush the walnuts and stir into the wet mixture with the other dry ingredients (rolled oats, wholemeal flour, baking powder, cinnamon, salt). Finally, stir in the chocolate drops. Pour the batter into the loaf tin and smooth out. Baking time approx. 40 minutes.



## White Bean Salad

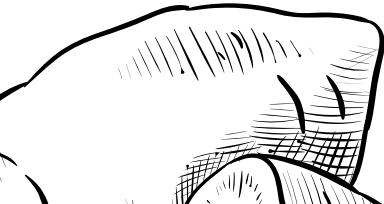
### Ingredients:

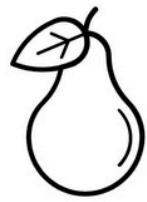
1 gr. or 2 small tins or jars of white beans  
1 onion  
1 bunch of parsley, chopped  
1 lemon, juice  
4 tbsp brandy vinegar  
6 tbsp olive oil  
1 tbsp tahini  
1/2 tsp salt  
1/4 tsp paprika powder, sweet



### Preparation:

Wash and drain the beans. Peel and finely chop the onion. Mix the lemon juice with the tahini, vinegar, olive oil, salt and paprika powder to make a dressing. Then mix with the other ingredients and leave the salad to stand for at least 15 minutes before serving.





## Wild Garlic Pesto

### Ingredients:

200g sunflower seeds or cashew nuts

1 bunch of wild garlic

150ml olive oil

1/2 tsp salt

some lemon zest

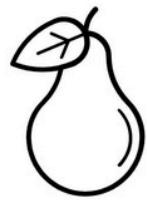
1 tsp lemon juice

### Preparation:

Roast the seeds or nuts in a pan without fat.

Wash the herbs and pat them dry. Puree all the ingredients with a hand blender in a tall container or in a food processor. Goes well with pasta, as a salad dressing base or as a topping for baked vegetables or creamy soups.





## Red Cabbage Salad

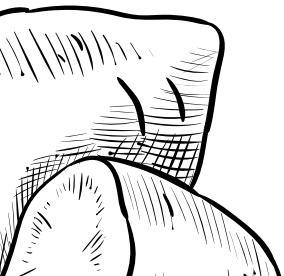
### Ingredients:

1/2 head of red cabbage  
juice of half a lemon  
1 tsp cumin seeds  
some chilli flakes  
some olive oil  
salt

### Preparation:

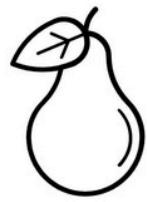
Roughly grate the red cabbage or chop in a food processor. Mix with lemon juice, cumin, chilli flakes, olive oil and salt. Leave to rest briefly.

Tip: Rub off the lemon zest before squeezing and mix with salt in a small screw-top jar. After a few days, you will have a deliciously flavoured lemon salt!



## Review of the cooking course: sustainable nutrition

- Cooking sustainably means taking good planning into account when cooking. Which foods do I need to use? Can I swap foods in a recipe to make a dish more climate-friendly?
- Every time you avoid meat, your dish is many times more environmentally friendly.
- Sustainable also means using leftovers and not throwing them away, e.g. pasta can be turned into pasta salad, leftover jacket potatoes into roast potatoes, etc.
- A few regularly made basics will make your daily cooking easier, e.g. pesto, vegetable seasoning, hummus, bread dough, vinaigrette, etc.
- Use leftover peelings from carrots, potatoes, etc. to make vegetable stock or crisps. (Zero Waste)
- If you churn butter from cream, buttermilk is a by-product. You can mix it with juices or use it for baking.
- If you make your own butter, it produces significantly less CO<sup>2</sup> equivalents than bought butter. See [www.umweltbundesamt.de](http://www.umweltbundesamt.de)
- Keep your shopping climate-friendly and plan your meals: buy in bulk once a week/ buy unpackaged fruit and vegetables.



## Carrot spread

### Ingredients:

1 onion

1 garlic clove

3 carrots

200g tomato paste

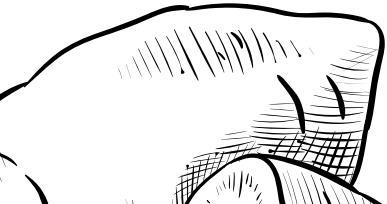
100g margarine

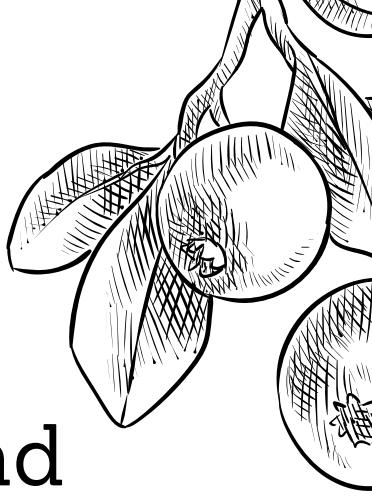
1 tsp salt

1 tsp dried or fresh herbs

### Preparation:

Peel the onion, garlic and carrots and roughly chop everything. Then puree these three ingredients. Melt the butter in a pan, add the mash and fry it gently. Finally, add the tomato paste, salt and herbs and mix everything well. Remove from the heat and pour into hot washed glass jars. Serve as a spread or with pasta.





## Apple and Carrot Salad

### Ingredients:

2 apples

4 carrots

1 onion

2 tbsp olive oil

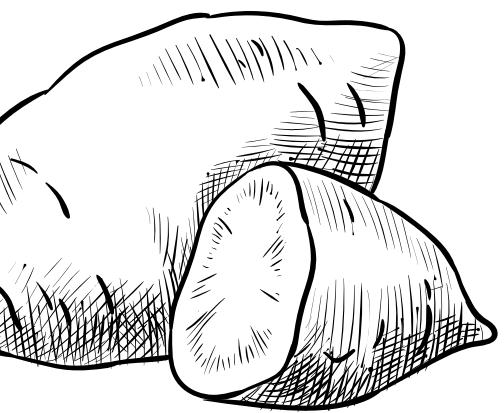
salt, pepper

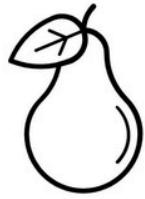
a little lemon juice or vinegar

### Preparation:

Wash the apples. Wash the carrots if necessary or peel them with a peeler. Finely grate both with a grater. Peel and finely grate the onion.

For the marinade, pour the oil and lemon juice or vinegar into a bowl, season with salt and pepper and mix well. Add the shredded vegetables and fruit and mix everything together.





## Baked Potatoes

### Ingredients:

8-10 potatoes

4 tbsp olive oil

½ tsp salt

some pepper, sweet paprika powder, dried herbs

### Preparation:

Preheat the oven to 200° C grill function/hot air. Wash the potatoes well. After washing, cut each into at least 4 wedges.

For the marinade, shake the oil and spices well in a screw-top jar and mix the potatoes with the marinade in a bowl. Place on an oven tray lined with baking paper. Bake for approx. 20 minutes on the middle shelf. Goes well with herb quark or Tzatziki.





## Butter & Herbal Butter

### Ingredients:

2 cups of fresh unwhipped cream

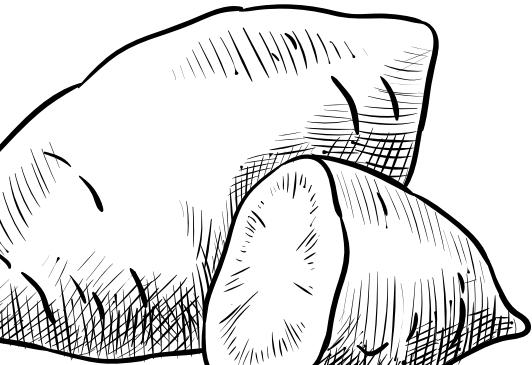
a little salt

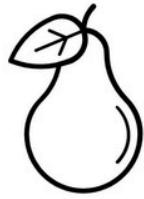
1 tsp fresh or dried herbs

material: 4 screw-top jars, tea towels

### Preparation:

Divide the whipped cream between several screw-top jars and close well. Shake for approx. 10 minutes until the butter has separated from the buttermilk. 'Wring out' the butter with a cloth. Mix with salt and herbs. Tastes delicious on fresh bread rolls. The buttermilk can be mixed into smoothies or used for baking.





## Crunchy-Muesli

Ingredients:

250g oats

2 tbsp each nuts, almonds, seeds

2 tbsp sunflower seeds

2 tbsp grated coconut

some honey

Prepare in the oven:

Chop the nuts in a food processor.

Mix everything together and place on a baking tray lined with baking paper. Bake at 175 degrees for approx. 15-20 minutes.

Tip: Serve with fresh fruit and yoghurt.

