



DELICIOUS FRUITY RECIPES

Vol. 2023

BOLLO



WELCOME TO OUR **FRUITY** UNIVERSE

In this recipe book you will find recipes created with our fresh and delicious Bollo Fruits.

As you delve into it, you will discover blocks of recipes according to the main fruit that crowns each creation. Each one is made with top quality ingredients and an extra dose of care to offer the best result. There are recipes for all tastes; sweet and salty, cold and hot, some very easy and others that challenge you a bit more.

We invite you to enjoy this recipe book filled with flavours and textures.

¡WELCOME!



FRUITY RECIPES

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RECIPES WITH

CITRUS

01





ORANGE AND CHOCOLATE CHEESECAKE

For the **base**:

- 6 dates soaked in boiling water
- 80 g nuts
- 1 tbsp melted coconut oil
- 2 tbsp sugar-free cocoa powder

For the **filling**:

- 500g light cream cheese at room temperature (cheese spread)
- 70 g oatmeal or other
- 3 eggs
- Pinch of salt
- 1 tsp cinnamon
- 1 tsp ginger
- Zest and juice of 1 orange
- 1 tsp yeast
- Sweetener to taste (e.g 2 tbsp of saccharin, 5 of honey, 8 crushed dates...)

1 For the base, crush the drained dates together with the nuts, cocoa and oil, and press with your fingers to form the base of the cake. (These amounts are for a 15 cm tin. If you use a bigger tin, increase these amounts). Leave to cool in the fridge.

2 For the filling, beat the egg with the cheese, juice and the other ingredients. Leave to rest for 15 minutes and then add on top of the base.

3 Bake at 170°C for 40 minutes. Make sure it is completely cool before removing from the tin.

4 You can serve with melted chocolate and a few Valencian orange wedges on top. It is amazing!



30 min.



Amateur



Vegetarian



COLD ORANGE TART

- 500 ml natural orange juice
- 400 ml condensed milk
- 300 ml whipping cream
- 8 sheets of gelatin
- Liquid caramel for the base

- 1** Add the orange juice, cream and condensed milk to a saucepan and stir constantly until it starts to boil.
- 2** Add the previously hydrated gelatin sheets (10 minutes in water) and stir until they have completely dissolved.
- 3** Add a base of liquid caramel to the tin and then pour the milk mixture on top.
- 4** Leave to set in the fridge for around 8 hours (this is important to ensure it keeps its consistency).
- 5** Remove from the tin and enjoy.



20 min.



Amateur



Vegetarian



ORANGE SALAD

- Diced orange
- Lettuce
- Cherry tomatoes
- 1 tin of tuna
- 1 tin of mussels including the juice
- 1 tablespoon of mayonnaise mixed with the juice from the mussels

- 1 Mix the tablespoon of mayonnaise with the juice from the mussels.
- 2 Add all ingredients to a plate and dress with the previously prepared sauce.
- 3 Enjoy!



15 min.



Amateur



ORANGE AND CHOCOLATE DOUGHNUTS

- 100 g rolled oats (gluten-free if you are a coeliac)
- 50 g ground almonds
- 1 egg
- 1 orange
- The juice of 1 orange
- 50 ml olive or coconut oil
- 2 large tbsp nut butter
- 1 large tbsp yeast or baking powder
- 1 tsp ground cinnamon
- 1 pinch of salt
- 25 g cocoa powder
- Sweetener to taste (1 tbsp liquid saccharin)
- High quality sugar-free chocolate

- 1** Peel and blend the orange.
 - 2** Add the remaining wet ingredients: the juice, egg, oil and nut butter. Blend again.
 - 3** Add the dry ingredients to a bowl. Mix together and then add the mixture of wet ingredients.
 - 4** Pour into doughnut or muffin moulds and bake for 12-16 minutes at 190°C.
 - 5** Remove from the oven, let cool and then cover with the high-quality chocolate that has been melted in a bain-marie or in the microwave for 30 seconds.
- Decoration:** Blend $\frac{1}{2}$ an orange (including the peel), place in a saucepan and add the cocoa and liquid saccharin. Blend the liquid again until it is a smooth cream. Put in a pastry bag with a very thin nozzle, and after covering the doughnuts with chocolate, decorate with lines of chocolate.
- 6**



45 min.



Intermediate



Vegetarian



HEALTHY CINNAMON AND ORANGE ROLL

- 2 whole eggs
- 2 egg whites
- 1 medium orange
- 100 g oatmeal or other wholemeal flour
- 1 tsp cinnamon
- Sweetener to taste

- 1** Grate the peel of the washed orange (do not go as far as the white part). Squeeze the orange and reserve the juice.
- 2** Separate the whites from the two eggs and beat them with the other two egg whites (4 in total) until stiff.
- 3** Mix together the flour, cinnamon, sweetener, the 2 yolks and the orange juice. Transfer the mixture to a bowl. Add the stiff egg whites to this bowl and stir with enveloping movements so that the whites do not drop too much, combining well with the rest of the ingredients.
- 4** Preheat the oven to 180°C. Pour the mixture on to the tray and spread with a spatula to form a rectangle that is as evenly distributed as possible. Bake for 10 minutes at 180°C in the middle of the oven.
- 5** Prepare the cream. 120 g previously soaked dates + the juice of an orange + 1 tsp cinnamon. Mash together. Add a layer of the cream on top of the cake. Roll from one end to the other, being careful not to break the roll.
- 6** Wrap it up inside the grease-proof paper and place in the fridge on a flat surface for at least a few hours. After this time, remove the paper, decorate with more cream and, if you wish, cut into slices.



45 min.



Intermediate



Vegetarian



ORANGE CAKE

- 3 eggs
- 200 g sugar
- 200 ml milk
- 150 ml valencian orange juice
- 150 ml mild olive oil
- 400 g flour
- 3 sachets of baking soda, with both colours
- Lemon zest
- Cinnamon and sugar to sprinkle on top

- 1** Preheat the oven to 180°C.
- 2** Beat the eggs with the sugar. Whilst beating, add the milk, orange juice and oil.
- 3** Sift the flour together with the sachets of baking soda and add it to the mixture, beat everything well until you are left with an even paste. Add the lemon zest and mix well.
- 4** Mix together a bit of sugar and ground cinnamon.
- 5** Line a tin with baking paper and pour the mixture in. Shake the cake mixture a little so that the paste settles and any bubbles that may have formed disperse.
- 6** Sprinkle the sugar and cinnamon mixture on top.
- 7** Place in the oven for around 30 minutes, depending on your oven, or until you can see that the crust has formed and it is golden brown. Prick with a stick to see if it comes out clean. Remove from the oven and leave to cool.



25 min.



Amateur



Vegetarian



CHIA PUDDING WITH ORANGE AND CINNAMON

- 100 ml horchata
- 80 ml orange juice
- 25 g chia seeds
- 2 g vanilla
- 4 g cinnamon
- Agave syrup or your preferred choice of sweetener to taste

- 1** First, add together the chia seeds, vanilla, cinnamon and agave syrup.
- 2** Next, add the horchata and orange juice together to the above mixture and mix well.
- 3** Leave to rest for at least 4 hours so that the seeds are well hydrated, although a minimum of 8 hours is preferred.
- 4** Decorate as you like and enjoy. In our case, we have used orange, orange zest and cinnamon. Although you can add granola, a yoghurt base or as many possibilities as you like.



5 min



Amateur



Vegan



ORANGE AND CHOCOLATE BITES

- 150 g of oatmeal
- 50 g of ground almonds
- 1 orange (we need zest and juice)
- 4 eggs
- 100 ml olive oil
- Sweetener to taste (we have added 30 ml of saccharin)
- 1 sachet of baking powder

- 1** Mix the wet ingredients on one side: eggs, juice of 1 orange, oil, orange zest.
- 2** On the other hand, sift the oatmeal, and mix with the ground almonds and baking powder.
- 3** Mix everything with the liquids. Pour the mixture into an elongated mould and bake in the oven at 180 ° C for about 40-45 min (previously preheated). Take out, let cool and cut into mini cakes.
- 4** Melt pure, unsweetened chocolate and cover the bottom of each one. Let the chocolate harden and ENJOY.



25 min.



Amateur



Vegetarian



ORANGE AND GINGER BISCUITS

- 275 g of oatmeal
- 100 g of butter
- 100 g of icing sugar
- 1 egg
- 1 orange (a hint of zest and a tbsp of juice)
- 1 tsp ginger

- 1** Mix the flour with the icing sugar and sift together. Then add the orange zest and the butter at room temperature cut into squares.
- 2** Mix with your hands until you achieve a bread crumb texture.
- 3** Add the beaten egg, a teaspoon of ginger and the orange juice.
- 4** Knead until you get a ball. Wrap it in plastic wrap and let it rest in the fridge for an hour. When the resting time is over, roll out the dough and cut the cookies with Christmas molds.
- 5** Place the cookies on to an oven tray covered with grease-proof paper and bake for 10 minutes at 175°. Let them cool, decorate and enjoy!



50 min.



Amateur



Vegetarian



ORANGE MARBLE CAKE

- Juice and zest of 1 orange
- 210 g wholemeal flour
- 4 eggs
- Vanilla essence drops
- 2 tbsp of panela
- Dark chocolate (30 g for the dough and 200g for the decoration)
- 1 sachet of baking powder
- 100 ml olive oil

- 1** Mix all the dry ingredients (except the chocolate) in a bowl and the wet ones in another.
- 2** Mix both bowls and add the orange zest.
- 3** Separate the dough in two and add the 30 g of melted chocolate in one of them. Fill a mold (previously hydrated) adding one ladle of the chocolate mixture followed by one of the chocolate-free mixture to get the marble effect.
- 4** Bake at 180 degrees for at least 40 minutes and let cool.
- 5** Melt the reserved chocolate and cover the cake.



45 min.



Amateur



Vegetarian



HONEY AND ORANGE 'TORRIJAS'

- 1 loaf of wholemeal bread from the previous day
- 1 litre of almond milk
- 3 Ceylan cinnamon sticks
- 2 large eggs
- Orange zest
- 4 tbsp of your favourite sweetener
- 100 ml of honey
- 1 orange juice
- Extra virgin olive oil

- 1** Boil the milk with the orange zest, the cinnamon sticks and the sweetener. Bring it to a boil and reduce to medium heat for 10 minutes so that it aromatises well. Remove the orange zest, the cinnamon and let cool.
- 2** Cut the bread into 2 cm slices, and put them on a plate full of milk to soak each one in it, leave to rest for about 15 minutes on each side, until it is well hydrated on both sides.
- 3** Beat the eggs and dip each side of the bread into the eggs, and fry the 'torrijas' in a pan with some oil for 2 or 3 minutes on each side, until they are golden. Once fried, let them rest on absorbent paper.
- 4** In a bowl, mix the honey with the orange juice and mix well to get a delicious syrup.
- 5** Drizzle the 'torrijas' with the syrup and ¡ENJOY!



35 min.



Amateur



Vegetarian



INVERTED ORANGE CAKE

For the **cake**:

- 240g sugar
- 250g flour
- 130 ml sunflower oil
- 80 ml of orange juice
- Zest of two oranges
- 1 natural yogurt (125 g)
- 3 eggs
- 1 pinch of salt
- 2 tsp of baking powder

For the **candied orange**:

- 1 o 2 orange
- 400 g sugar

Preparation for the candied fruit:

- 1** Cut the oranges into pieces of about half a centimeter and place them in a sauce pan with boiling water. Remove them after two minutes to a strainer.
- 2** Add water in a sauce pan with sugar and make it boil while the sugar dissolves. When the bubbles come out, lower the heat to medium and add the orange pieces again and leave them for an hour.
- 3** When the time is over, put them in the oven at 100°C for an hour.

Preparation for the inverted cake:

- 4** Add the eggs and sugar and beat. When the mixture gets white, add the yogurt and the zest of two oranges, and beat while incorporating the sunflower oil and the orange juice. Add the sifted flour and mix.
- 5** Smear butter on the bottom of a detachable mold and start adding the candied oranges on the base, cover with the cake mix and bake it for 40 minutes at 180°C. Enjoy!

Tip:

Spreading some orange jam on top of it would be the icing on the cake.



1h 20 min.



Gourmet



Vegetarian



BLOOD ORANGE BUNDT CAKE

- 150 g de mantequilla a temperatura ambiente
- 200 g de azúcar
- 6 huevos grandes
- 1 yogur natural
- El zumo de 2 naranjas grandes
- La ralladura de una naranja
- 1 pellizco de sal
- 400 g de harina de repostería
- 1 sobre (16g) de levadura química

1

Preheat the oven to 180°C, heat up and down. Beat butter and sugar with an electric whisk or by hand for 5 minutes. During this time the dough whitens and increases its volume.

2

Incorporate the eggs one by one, while beating. Add the juice of the two oranges and the zest of one of them. Pour the yogurt and mix with the whisks. Sift the flour and incorporate it into the mix along with the baking powder and salt. Mix to get an homogeneous dough.

3

Spread the mold with butter, being patient with all the edges, and sprinkle flour on top with the help of a strainer. Pour the dough into it.

Bake 30 minutes at 180°C and another 15 minutes at 170°C, always heat up and down. In total, 45 minutes. After this time, prick with a skewer and check that it comes out dry. If not, leave 5 more minutes.

4

Remove from the oven, let cool for 10 minutes, and unmold by placing a rack upside down on the mold and turning it over.

Once cold, sprinkle icing sugar on top using a sieve. Using a sieve is important if you don't want to make a mess.

Our touch for the orange glazing topping:

Mix 90 ml of orange juice with 75 g of icing sugar, change amounts according to taste.



1 hour



Gourmet



Vegetarian



SEA BASS WITH ORANGE SAUCE

- 2 loins of sea bass (500 g)
- 250 ml of orange juice
- 1 onion (175 g)
- 2 bay leaves
- Ground black pepper
- Curry powder (optional)
- 6 prawns
- 1 tbsp of honey
- Olive oil
- Salt

1

Pour 50 ml of olive oil in a pan and add the previously chopped onion. When it is tender, add the orange juice, some ground black pepper, the bay leaves, the curry, and let it cook for about 15 minutes until the sauce has been reduced by 50% approx.

2

Remove the bay leaves from the sauce and use a whisk to stir all the ingredients together into a homogenous mixture. Add one or two tablespoons of honey, depending on whether we want the sauce to be sweet or sour.

3

Cook the sea bass in the pan for about 3 minutes on both sides, add the prawns and after 2 minutes turn off the heat and cover it with the orange sauce to taste.

4

Serve and enjoy.



30 min.



Amateur



CARIBBEAN-STYLE CHICKEN WITH ORANGE

- 2 chicken breasts
- 1/2 onion, cut julienne
- 1/3 red pepper cut into strips
- 2 small potatoes, cut into wedges
- 2 crushed garlic cloves
- 1 bunch of coriander
- 1 lime
- 1 orange
- 1 avocado
- 1/2 tbsp de ras el hanout
- 1/2 tbsp cumin
- 1/2 tsp cayenne pepper
- 1 tsp oregano
- Salt
- Pepper
- Extra virgin olive oil

1

Preheat the oven to 200°C. Whilst the oven is heating up, open each of the breasts in half (without opening them fully) and add some of the crushed garlic, salt, pepper and a few orange slices.

2

Add the breasts to an oven tray and then add the potato wedges, red pepper, onion, remaining crushed garlic, the ras el hanout, cayenne pepper, cumin, oregano, salt, pepper, the juice of a lime and a little olive oil.

3

Add the juice of half an orange and cut the rest of it into slices then add them to the oven tray. Put into the oven and cook for approx. 1 hour.

4

After 1 hour, remove the chicken from the oven. Cut the avocado into slices and take a bit of coriander, then add everything to the chicken.



30min.



Amateur



CHICKEN NUGGETS WITH ORANGE SAUCE

- 2 large boneless chicken thighs or 2 breasts.
- 2 oranges from @bollofruits
- 2 tablespoons of yogurt
- 1 teaspoon djon mustard
- Panko or breadcrumbs (80-100gr)
- 1 egg
- Salt and pepper
- extra virgin olive oil

- 1** Dice the chicken, add half orange juice, salt and pepper to taste and let stand 1 hour.
- 2** Add zest of 1 orange in the panko and mix.
- 3** Beat the egg and add a pinch of salt.
- 4** After the hour, pass the chicken through the egg and then through the panko. Place on a baking sheet lined with parchment paper and bake at 200°C for about 25 minutes or until golden brown.
- 5** Crush half an orange without skin, with yogurt and mustard.
- 6** Accompany the crispy nuggets with the sauce and done.



20 min.



Amateur



ORANGE SALMON

- Fresh salmon fillets
- 2 oranges
- 100 ml orange juice
- 2 tbsp honey
- 2 tsp old-style mustard
- Fresh dill

- 1** Put the orange juice, honey, mustard, fresh dill in a saucepan and bring to a boil while stirring until it reduces by half.
- 2** Place the orange slices as a base on a baking tray, add the salmon on top, and pour half of the previously made sauce over it. Reserve the other half to enjoy while eating.
- 3** Preheat the oven to 200°C and bake at 180°C for about 10-15 minutes.



20 min.



Intermedio



ORANGE COCKTAIL: AGUA DE VALENCIA

- 1/2 liter of natural orange juice
- 1/2 liter of cava or champagne
- 250 ml of gin
- 250 ml of vodka
- 1/2 orange sliced
- 2 tablespoons of sugar
- Ice

- 1** In a large jug, add ice and mix the orange juice, gin, and vodka.
- 2** Add the tablespoons of sugar and mix well until dissolved.
- 3** Pour in the cava or champagne and stir gently.
- 4** Add the orange slices and mix again.



5 min.



Amateur



Vegetarian



ORANGE FLAVORED CHOCOLATE

- 1 liter of milk or plant-based milk
- 100 ml orange juice
- grated zest of 1 orange #BolloFruits
- 280 g chocolate for baking, in bars
- 20 g cornstarch
- 30 g sugar or your preferred sweetener
- 1 pinch of salt
- ½ tsp cinnamon
- ¼ tsp nutmeg

- 1** Boil the previously grated orange peel with the orange juice and milk for about 10-15 minutes until it starts to boil. It is recommended to let the boiled milk with orange sit for an hour before preparing the chocolate, to absorb the extra orange flavor.
- 2** Add the chocolate and remaining ingredients and stir until well combined.



10 min.



Amateur



Vegetarian



ORANGE CAKE

- 2 oranges
- 2 eggs
- 1 tbsp baking powder
- 240g sugar
- 165g all-purpose flour
- 65ml sunflower oil

- 1** Chop the oranges, including the peel, and put them in a bowl. Add the oil, sugar, and eggs, and blend everything with a blender until you get a smooth, homogeneous batter.
- 2** Add the flour, previously mixed with the baking powder, to the previous batter, using a sifter to avoid lumps, and mix until well combined.
- 3** Pour the batter into a microwave-safe mold. In our case, we used the base of a 600ml glass container..
- 4** Microwave it for about 8-11 minutes, depending on the power of your microwave. In our case, we used 800W. Let it rest inside for a minute or two to settle.



15 min



Amateur



ORANGE PARFAIT

- 1 orange
- 1 cup of yogurt
- ½ cup of granola
- 2 tablespoons of your favorite syrup
- 2 tablespoons of honey
- Red berries for topping

- 1** Peel the orange and cut it into small pieces.
- 2** In a container, layer granola followed by a layer of syrup, yogurt, and a layer of orange. Repeat until the container is filled.
- 3** Finish with red berry toppings, honey, and citrus powder.



5 min.



Amateur



Vegetarian



MINI CHOCOLATE AND TANGERINE CREAM CAKES

For the **cakes**:

- 2 eggs
- 130 g oatmeal or wheat flour
- 8 g baking powder
- 30 ml olive oil
- 3 small tangerine, mashed
- Sweetener to taste
- Zest of 1 tangerine
- 50 g sugar-free chocolate

For the **cream**:

- Juice of 2 tangerine (150ml)
- 1 egg
- 1 tsp cornstarch
- Sweetener to taste

1

Peel and mash the tangerines. Beat with the egg, oil and zest. Mix the flour with the baking powder, sift together then mix with the liquids. Add sweetener to taste. Pour the mixture into doughnut moulds and bake at 170°C for 15 minutes.

2

For the cream, place a bowl in a bain-marie. Pour in the tangerine juice, add the egg and cornstarch, stirring constantly so that the egg does not set. Sweeten to taste. Remove from the heat and leave to cool.

3

Melt the chocolate. Place a tablespoon of chocolate on to some grease-proof paper as the base of the cake. Dip the “flat” part of the cakes in the chocolate and place on top of the chocolate that you have placed on the paper, with the chocolate side down. Repeat with all cakes.

4

Fill the holes with the tangerine cream then leave to cool in the fridge for a few hours. Enjoy!



45 min.



Gourmet



Vegetarian



ASIAN-STYLE CHICKEN WITH **TANGERINE**

For the **sauce**:

- 400 ml tangerine or orange juice
- 3 garlic cloves
- 1 tsp grated or ground ginger
- 3 tbsp soy sauce
- Chickpea or corn flour
- Extra virgin olive oil or coconut oil
- A pinch of your preferred sweetener
- Toasted sesame seeds
- 1 red chilli pepper, chopped
- Chopped chives

Ingredients:

- 2 chicken breasts cut into cubes
- 3 tbsp soy sauce
- 1 large tbsp apple vinegar
- 1 egg

- 1** Put the chicken in a bowl. Add the soy sauce, vinegar and beaten egg. Mix well, cover and marinate for 30-60 minutes.
- 2** Add a tbsp of oil to a saucepan and sauté the garlic and ginger. When starting to turn golden, add the tangerine juice, soy sauce and sweetener. Mix well.
- 3** Dissolve a tbsp of chickpea flour in 45 ml of water, add it to the sauce and leave to cook for 8-10 minutes.
- 4** Meanwhile, remove the chicken from the marinade then dip the pieces into the chickpea flour. Place the pieces on to an oven tray covered with grease-proof paper. Cook for 12 minutes at 190°C.
- 5** Once the chicken is ready, add the sauce and decorate with the chilli pepper, chives and sesame seeds.



30 min.



Amateur



CHOCOLATE AND TANGERINE TART

For the **crumble base**:

- 240 g wheat flour
- 30 g Panela sugar
- 120 g butter
- 1 egg

For the **chocolate cream**:

- 185 g melting chocolate
- 200 g whipping cream or
tinned coconut milk
- 50 ml tangerine juice
- 50 g tangerine zest

1

Mix all the ingredients of the base to obtain crumbs and cover 8 small molds lined with greaseproof paper (12 cm diameter molds).

2

Press the dough over the entire surface of the mold to create a 4 or 5 mm thick layer.

3

Freeze the molds for about 15/20 minutes and bake 15/20 minutes at 180° (previously preheated to 200°).

4

For the chocolate cream, mix all the ingredients in a saucepan over a low heat and place on the crumble base.

5

Let cool and enjoy.



35 min.



Amateur



Vegetarian



TANGERINE JAM AND CHOCOLATE BITES

- 7 tangerine
- 2 tbsp of raw cane sugar
- 300 ml milk (it can be plant-based milk)
- 250 of wholemeal spelled flour
- 2 eggs
- Cocoa powder
- Salt

- 1** Peel the tangerines and slice the skin into thin strips.
- 2** In a saucepan, boil the tangerines together with the panela and the skin until obtaining the texture of jam.
- 3** In a bowl, add the oatmeal with the milk, the eggs and a pinch of salt. Beat everything with a food processor or a mixer until you get a liquid dough.
- 4** In a pan, make crepes with the previous mixture.
- 5** Spread the jam on the crepes and decorate with cocoa powder on top. Enjoy!



45 min.



Amateur



Vegetarian



TANGERINE CREAM

- 5 tangerines
- 4 eggs
- 500 ml of milk
- 100 gr. of sugar
- 12 gr. cornstarch

- 1** Wash the tangerines well, grate the peel and reserve. Cut them in half and squeeze the juice, then filter it.
- 2** In a small bowl, dissolve the cornstarch in a little milk.
- 3** Pour the rest of the milk into a saucepan, add the zest and juice of the tangerines and bring to a boil over medium heat.
- 4** Meanwhile, in another bowl, beat the egg yolks with the sugar. Add cornstarch to the mixture and mix.
- 5** Once the milk boils, turn off the heat and add the mixture of egg yolks, sugar and cornstarch to the milk.
- 6** Return the saucepan to the heat and, stirring constantly with a wooden spoon, cook over low heat until the cream begins to thicken.
- 7** Distribute the cream in shallow containers. Let cool to room temperature, then put in the fridge to harden for at least 2 hours.
- 8** When ready to serve, sprinkle the cream on top with a layer of sugar. Get the crispy touch with the blowtorch, to caramelize the sugar until you get a crispy golden crust.



55 min.



Amateur



Vegetarian



TANGERINE AND HONEY PANCAKES

- 1 cup wheat or whole wheat flour
- 2 cups of water or vegetable drink
- 1/ half cup of tangerine juice
- 1 egg
- 3 tablespoons of your favorite sweetener
- 1 tablespoon honey
- 1 pinch of salt
- 2 teaspoons of baking powder
- 1 teaspoon ground cinnamon

- 1** Mix all the dry ingredients
- 2** Add the wet ingredients and mix well, until smooth.
- 3** Pour small amounts into a nonstick skillet and cook over low/medium heat so they don't burn.
- 4** Once the pancake begins to bubble, turn it over so that it is done on the other side.
- 5** Plate up and enjoy with delicious tangerines, honey and almonds.



20 min.



Amateur



Vegetarian



CHICKPEA SALAD WITH TANGERINE VINAIGRETTE

For the **salad**:

- Baby spinach
- Cooked chickpeas
- Mandarin
- Feta cheese
- Walnuts
- Seeds

For the **vinaigrette**:

- Oil (30ml)
- Vinegar (10ml)
- Mandarin juice (2 mandarins)
- Honey (2 tbsp)
- Salt (1 tsp)
- Chia seeds (1 tbsp)

- 1** Put all the ingredients of the vinaigrette into a container, shake vigorously to combine
- 2** Serve over the salad.



5 min.



Amateur



Vegetarian



TANGERINE SWEETS

- 4 Tangerines
- 1 chocolate bar
- Chopped nuts or shredded coconut (topping)

- 1** Heat the chocolate in a bowl with a spoon of water.
- 2** Bathe the tangerine segments.
- 3** Sprinkle with chopped nuts, grated coconut, or your favorite topping.



10 min.



Amateur



Vegetarian



TANGERINE AND CARROT CREAM

- 500 grams of carrots
- 1 medium onion
- 600 milliliters of vegetable broth
- 4 mandarins
- 3 tbsp olive oil
- 1 small piece of margarine
- 1/2 teaspoon curry
- Salt to taste.

- 1** Chop the onion and sauté it in a pot with the margarine and olive oil. Add the chopped carrots and cook for 7 to 8 minutes.
- 2** When the vegetables are well cooked, add the curry, mix well, and incorporate the broth. Let it simmer for 15 minutes and blend everything together.
- 3** Add the juice of the tangerines and mix to integrate until obtaining a creamy result.
- 4** Serve and garnish with cream.



25 min.



Amateur



Vegetarian



MINI LEMON CAKES

For the **mini cakes**:

- 3 eggs
- 170 g flour
- 180 g sugar
- Zest of 1 lemon
- 1 lemon squeezed
- 60 g butter at room temperature
- 40 g heavy cream or whipping cream
- 1,5 tsp yeast

For the **glaze**:

- 3 tbsp of lemon juice
- 100 g icing sugar

For the **syrup** (optional):

- 130 g sugar
- 130 g lemon juice (strained without pulp)

Mix the butter together with the lemon zest and the sugar. Add the eggs to the mixture one by one, then add the cream and lemon juice. Stir again until it is all mixed together. Finally, add the sifted flour and yeast. Mix again to combine.

1

Brush the moulds with melted butter and sprinkle with flour and then fill the moulds with the dough and bake at 180°C for around 25-30 minutes.

2

Once the cakes are ready, leave them to rest and cool for around 10 minutes so that you can dip them in the syrup and add the glaze.

3

Preparing the syrup: Put the sugar and lemon juice in a saucepan over a low heat and do not stir. When it starts to boil, put the heat on the lowest setting and cook for 5 minutes. Leave to harden.

4

Preparing the glaze: Pour the juice into a bowl and gradually add the icing sugar whilst stirring until you reach the desired texture.

5



50 min.



Gourmet



Vegetarian



ASIAN-STYLE LEMON CHICKEN

For the **battered chicken**:

- 2 chicken breasts cut in a half
- 1 tbsp cornflour
- Sunflower oil for frying the chicken
- 50 ml soy sauce
- 1 tbsp yeast
- ½ lemon
- Salt, pepper and ginger for the marinade

For the **sauce**:

- 2 squeezed lemons and 3 slices
- 2 tbsp sugar
- 1 ml chicken broth
- 2 tbsp cornflour

- 1** Cut the breasts in half and marinate them in soy sauce for 1 hour, the longer you do this, the more flavour they will have.
- 2** For the batter, mix one tablespoon of corn flour with the beaten egg and the juice of half a lemon. Dip the drained breasts into this mixture and fry them until they turn golden.
- 3** Cut three thin slices of lemon and squeeze the other two lemons. In a saucepan, cook the lemon juice with the sugar, broth, one tbsp of corn flour and the three lemon slices over a low heat until it thickens like a syrup.
- 4** Cut the breasts into small strips to make it easier for the diner to eat them with chopsticks. In a bowl, place the three slices of lemon in a line and cover them with half of the lemon sauce.
- 5** Add the chicken on top of the slices of lemon, then add the remaining sauce on top and decorate as you like (lemon, sesame seeds...). It can also be served with rice.



25 min.



Amateur



COLD LEMON CREAM

- 4 yoghurts or soya yoghurts
- 400 g condensed milk or condensed plant-based cream
- 200 ml lemon juice

1 Mix everything together, leave to cool and enjoy!

Tip: The colder it is, the more delicious it will be. It must be stored in the fridge for at least 4 hours. You can also add a little vanilla.



5 min.



Amateur



Vegan



LEMON CAKE

- 3 eggs
- 2 natural, sweetened or sugar-free lemon yogurts
- 1 measure of olive oil
- 2 measures of wholemeal spelled flour
- 1 measure of ground almond or almond flour
- 15 g chemical yeast
- The juice of 1 lemon
- The zest of 1 lemon
- 1 pinch of salt
- 1 tsp ginger powder
- 100 g of fresh blueberries
- 10 g poppy seeds (optional)
- 1 measure of erythritol

- 1** In a bowl, mix the eggs, the yogurt and then the oil, the lemon juice and the zest. Ensure that everything is mixed well.
- 2** Add the erythritol, salt and ginger and mix.
- 3** Mix the yeast with the flour and ground almonds and sift if possible with a sieve or strainer.
- 4** Put in a medium mold lined with greaseproof paper and bake at 185° C for 60 min. Heat up and down, halfway up.
- 5** Remove it from the oven. Make sure it is completely cool before removing from the tin and enjoy.



20 min.



Amateur



Vegetarian



LEMON CURD

- 2 lemons.
- Zest of 1 large lemon.
- 4 large eggs.
- 50 gr of raw honey.

- 1** Wash the lemons and grate 1 of them.
- 2** In a saucepan over medium heat, add the juice of 1 strained lemon, the zest of 1 lemon and the honey.
- 3** In a bowl, beat the eggs, and add them to the hot saucepan and stir constantly until the egg gives consistency to the mixture without curdling.
- 4** When we have obtained a thick texture similar to that of custard, remove from the heat and place in an airtight glass jar to cool down.
- 5** Once it has tempered, refrigerate for 1 hour and you can now enjoy this healthy lemon delight.



15 min.



Amateur



Vegetarian



LEMON BARS

- 180 ml lemon juice
- 225 g wheat flour
- 65 g brown sugar
- 150 g butter or margarine
- 60 g sugar
- 3 medium eggs
- lemon zest to taste
- 180 g white baking chocolate
- Yellow food coloring (optional)

- 1** Mix flour with brown sugar and butter, until a homogeneous dough forms, and press onto a square baking dish covered with parchment paper.
- 2** Bake for 10-15 minutes at 180°C, with the oven previously preheated to 200°C, and let it cool.
- 3** Mix eggs, sugar, lemon juice, zest and optionally, yellow food coloring.
- 4** Boil the mixture in a pot, add previously melted white chocolate in the microwave and stir until a uniform mixture is obtained.
- 5** Pour the cream over the base, and let it cool for about 3 hours in the fridge.



20 min.



Intermedio



Vegetarian



GRAPEFRUIT, YOGURT Y PISTACHIOS CAKE

- 1 grapefruit
- 3 eggs
- 1 yogurt (125 g)
- 4 yogurt measures of ground almond
- 1 yogurt measure of oil
- 1 or 1 ½ yogurt measures of erythritol (or other sweetener)
- 15 g of chemical yeast
- White chocolate without sugar

- 1** Mix the wet ingredients.
- 2** Now add the ground almonds, the yeast and the sweetener. Finally, add the chopped pistachios.
- 3** Put in a mold suitable for the oven and lined with grease-proof paper. Bake at medium height, about 50-60 m at 180° C. It depends a bit on how deep your mold is.
- 4** Check halfway through cooking and if it is browning too much, cover the pan with aluminum foil or more grease-proof paper. Once ready, let cool on a rack.
- 5** We have decorated with melted sugar-free white chocolate, grapefruit zest and more pistachios.



20 min.



Amateur



Vegetarian



BURRATA AND GRAPEFRUIT SALAD

- 1 burrata
- Homemade pesto
- Roasted (and cold) cherry tomatoes
- Spinach
- Grapefruit segments
- Seeds

- 1** Start with a base of spinach on the plate.
- 2** Add the grapefruit, cherry tomatoes and seeds over the spinach base.
- 3** Put the burrata in the center of the plate.
- 4** Add the pesto in a syringe and insert it into the burrata.
- 5** Cut the burrata and enjoy.



15 min.



Amateur



Vegan



GRAPEFRUIT AND ORANGE SALAD

- Grapefruit
- Orange
- Apple
- Strawberries
- Feta cheese
- Pistachios
- Walnuts
- Sweet vinaigrette (honey, balsamic vinegar, and extra-virgin olive oil)

- 1** Cut the fruit into thin slices.
- 2** Arrange the fruit slices on a plate and drizzle the sweet vinaigrette over them. If desired, crumble feta cheese over the fruit and sprinkle with chopped pistachios and walnuts for extra flavor and texture.



5 min.



Amateur



Vegan

RECIPES WITH MELON





MELON FLAN

- 100 ml tinned coconut milk (this can also be normal or plant-based milk)
- 350 g chopped melon
- 1 natural or plant-based yoghurt
- 1 tbsp vanilla (optional)
- 20 ml date syrup or 1 tbsp liquid saccharin or other sweetener
- 8 sheet of gelatin (or 1 sachet of gelatin or 1'5 g Agar Agar)

- 1** Blend the melon in a mixer until it is very smooth. Mix with the yoghurt, vanilla and the date syrup or sweetener.
- 2** Place the sheets of gelatin in water to hydrate. After 5 minutes, remove the hydrated gelatin sheets from the water and drain well.

Add the milk to a saucepan to heat, when it starts to boil, switch off the heat then place the hydrated gelatin sheets inside and stir until they dissolve. Add this milk to the melon mixture and stir quickly with a whisk.
- 3** Pour the mixture into moulds. In our case, we have enough mixture for 4 flan-sized moulds. Refrigerate for at least 1 hour before adding the layer of chocolate.
- 4** Heat 90 ml of milk in a saucepan and when it starts to boil, turn off the heat and add 70 g of chocolate broken up into cubes. Stir and everything will melt quickly.
- 5** Pour the chocolate into the moulds on top of the layer of melon and put back in the fridge for 3 hours.
- 6**



40 min.



Gourmet



Vegan



MELON SALAD

For the **salad**:

- 1 medium melon cut into bite-sized cubes
- 1 cucumber
- 1/3 cup red onion
- 3 tbsp chopped mint or parsley
- 1 cup crumbled feta cheese
- 1 y 1/2 cups red cabbage
- Optional: Mixed salad base

For the **sauce**:

- 4 tbsp lemon juice
- 1/2 cup olive oil
- 1 tbsp honey
- 1/2 tsp of salt
- 1/2 tbsp ground black pepper

- 1** **Sauce:** Mix the lemon juice, olive oil, honey, salt and pepper. Store it in the fridge.
- 2** **Salad:** Mix together the melon, cucumber, onion and mint, then drizzle it with the sauce.
- 3** Scatter the red cabbage or other vegetables of your choice and then add the melon mixture on top.
- 4** Cover the salad with the feta cheese and ENJOY!

Tip: You can add nuts, seeds or other vegetables that you like and combine them to give it a crunchy touch.



15 min.



Amateur



Vegetarian



MINI **MELON** SMOOTHIE LOLLIES WITH NUTS AND GRANOLA

- 2 natural skimmed yoghurts
- 300 g crushed melon
- 100 g diced melon
- A handful of walnuts
- A handful of pistachios
- 8 tbsp granola
- 1 tsp of your favorite sweetener
- 1 tsp vanilla powder

- 1** Mix the granola with the chopped nuts together in a bowl.
- 2** In another bowl, mix the yoghurts with the crushed melon, sweetener and vanilla.
- 3** Pour the melon and yoghurt mixture into lolly moulds. Top them with granola, add wooden sticks then freeze them for around 4 hours.
- 4** Remove them from the moulds and you have a healthy and tasty lolly to enjoy any time.



15 min.



Amateur



Vegetarian



HOMEMADE TACOS WITH PRAWN AND MELON FILLING

For the **tacos**:

- 250 g precooked corn flour
- 320 ml tepid water
- 1 tbsp olive oil
- 1/2 tsp salt
- Pinch of tumeric (optional, to add colour to the tacos)

For the **filling**:

- 1/2 green pepper
- 2 slices of melon
- 1/2 avocado
- Cherry tomatoes
- Prawns (defrosted or fresh)

- 1** Mix the ingredients together and form 10 balls of the same size.
- 2** Place the ball in between two pieces of cling film and flatten with a rolling pin until you have a very flat circle. Cook for 2 minutes on each side in a frying pan.
- 3** To give them the shape of a taco, let them cool in that shape, for example by placing them upside down on a rack.
- 4** Cut all ingredients for the filling into very small pieces and season with salt and oil. Stir and fill the tacos.
- 5** Assemble the tacos and serve with a sauce, for example, a Greek yoghurt with a little olive oil, salt and pepper.



25 min.



Amateur



MELON CHOCOLATES

- Piel de Sapo melon
- 1 cup powdered chocolate
- 1/2 glass of milk or plant-based drink
- 1/2 glass coconut oil
- 3 large tbsp of your preferred sweetener
- Crunchy caramelised almonds
- White chocolate

- 1** Cut the melon into any shape you fancy.
- 2** For the coating, mix the chocolate with the milk and sweetener. Add the oil and mix again.
- 3** Pour the coating over the melon until it is completely covered.

Optional: to add a crunchy touch, decorate with the caramelised almonds and white chocolate.



15 min.



Amateur



Vegetarian

MELON AND LIME SMOOTHIES

- 400 g melon + a few pieces to decorate
- 300 g Greek yoghurt
- 200 g light cream cheese
- 120 ml 35% Mg cream
- 6 sheets of gelatine
- ½ Lime (Juice and zest)
- Erythritol, natural stevia (optional)
- 6 drops green food colouring (Optional)

- 1** Place the sheets of gelatin in cold water to hydrate. (5 min.)
- 2** In a bowl, add 60 ml of the cream, the cream cheese, yoghurt, chopped melon and sweetener. Beat until you have a fully even mixture.

Heat the remaining cream (60 ml) in the microwave and the dissolve the previously drained gelatin sheets. Add it to the mixture and beat again for a few seconds to mix it together completely.
- 3**
- 4** Pour 2/3 of the mixture into the glasses and put them in the fridge for 30 minutes. Set aside the rest at room temperature.

This remaining 1/3 will be used to make the lime layer. Add the juice of 1/2 a lime and the green colouring (optional) and beat for a few seconds until the mixture is even.
- 5** Pour into the glasses on top of the melon layer and put them back in the fridge for at least 1 hour and 30 minutes.
- 6** Before serving, add a few pieces of melon on top along with a little lime zest and enjoy!



45 min.



Amateur



Vegetarian



MELON AND PEPERMINT SMOOTHIE

- 1 Piel de Sapo melon
- 1 Greek yoghurt
- 125 ml planted-based drink
- 4 sprigs of peperminnt
- 4 tsp of your preferred sweetener

I Mix all the ingredients in a blender, leave to cool and enjoy.

Tip: You can strain it to get a smooth texture.



5 min.



Amateur



Vegetarian



MELON MOUSSE CAKE

For the **melon mousse**:

- 100 g whipping cream
- 50 g mascarpone
- 7 ml vanilla
- 15 g sweetener (depending on how sweet the melon is).
- 150 g de melon
- 80 ml hot milk
- 5 g gelatine powder/ 3 sheets.

For the **vanilla mousse**:

- 120 g whipping cream
- 60 g mascarpone
- 7 ml vanilla
- 20 g erythritol

For the **cake**:

- 50 g oatmeal
- 1 egg
- 15 g coconut oil
- 30 g erythritol
- 40 ml milk
- 5 g baking powder

- 1** Mix together the cake ingredients and pour the mixture into a tin. Put it in the oven at 180°C for 20 minutes.
- 2** For the melon mousse, mash the melon and mix with the cream, mascarpone, sweetener and vanilla. Ensure that everything is mixed well.
- 3** Heat the milk in the microwave and dissolve the previously hydrated gelatin. Add it to the mousse mixture.
- 4** Pour the mousse mixture on top of the cool cake. Set aside in the fridge for 30 minutes.
- 5** For the final layer, whip the cream with the mascarpone, sweetener and the vanilla essence. Add on top of the mousse layer and store in the fridge for 3-4 hours.



45 min.



Gourmet



Vegetarian

PRAWN COCKTAIL BOATS WITH MELON

- 12 lettuce heart leaves
- 1 large slice of very sweet melon
- 150 g cooked and peeled prawns
- 1 large tomato
- 50 g stuffed olives
- 1 large avocado
- A handful of walnuts

- 1 Chop all ingredients into very small pieces.
- 2 Mix everything together in a bowl and season to taste. Fill the lettuce leaves with the mixture.
- 3 Add black pepper on top and enjoy!



15 min.



Amateur



Vegan



MELON FLOWERS

- Melon
- Serrano ham
- Goat cheese
- Pine nuts
- Olive oil, salt, pepper

- 1** Cut the melon into slices with a mandolin.
- 2** Cover each melon sheet with a slice of ham and pieces of goat cheese on top.
- 3** Cover the previous filling with another melon sheet and roll up. Repeat the process as many times as flowers you want to get.
- 4** Sauté a handful of pine nuts in a pan and reserve.
- 5** On the other hand, mix a tablespoon of oil with a pinch of salt and pepper in a bowl and pour over the pine nuts.
- 6** Cover the flowers with the previous mixture and enjoy!



15 min.



Amateur



MELON AND OATS

MINI FIT BASKETS

- 100g oatmeal
- 1 tbsp honey
- 1 tbsp coconut oil
- 1 tbsp water
- 1 banana
- 1 yoghurt
- 100 g melon
- Mint leaves

For the **base**:

- 1** Place the coconut oil, honey and water in a bowl. Heat 15 seconds in the microwave and stir.
- 2** Mix with the oatmeal and add half a banana, previously mashed.
- 3** Place the mix in a muffin or flan mold and make the shape.
- 4** Bake in the oven at 180° for about 10 minutes (previously preheated).

For the **cream**:

- 5** Mix the yoghurt with melon pieces.
- 6** Add it to the baskets and decorate as you like. We have added some mint to give it a fresh touch.



20 min.



Amateur



Vegan



MELÓN “SALMOREJO”

- 300 g melon
- 100 g wholemeal bread (day before)
- 1 clove of garlic
- 10 ml vinegar
- Salt
- 50 ml cold water
- 50 ml oil
- Iberic ham

- 1 Mix all the ingredients except the oil and grind them together.
- 2 When the mixture is ready, add the oil while whisking until it emulsifies.
- 3 For the crispy ham, cut it into small pieces and bake it for 5 minutes at 200°C in the oven
- 4 Serve it cold, add a drizzle of oil and enjoy!



15 min.



Amateur



CHRISTMAS STARTERS WITH MELON

Starter 1:

- Mozzarella balls
- Cherry tomatoes
- Pitted olives
- Melon
- Pesto
- Olive oil

Starter 2:

- Endives
- Melon
- Light cream cheese
- Serrano ham cubes
- Jam without sugar
- Pecans nuts

Starter 3:

- Melon
- Serrano ham
- Peppermint

Preparation **STARTER 1:**

Shape melon into balls with a scoop spoon. Stick a mozzarella ball, an olive, a melon ball and a tomato on wooden sticks. Alternate the order to get different brochettes. Mix a bit of pesto with olive oil. Plate the brochette and decorate with the pesto sauce.

Preparation **STARTER 2:**

Cut a melon slice into small cubes. Take some large endive leaves and add a teaspoon of cream cheese, a few pieces of melon, a few pieces of ham, some chopped pecan nuts and a drop of jam on top of each one.

Preparation **STARTER 3:**

Cut a melon slice, remove the skin with a knife and cut into equal parts. Form rolls with slices of Serrano ham. Add a green leaf for color, for example peppermint. Prick the leaf with a wooden stick, then the ham roll and finally the piece of melon.



15 min.



Amateur

MELÓN PIE

base:

- 200g wheat flour
- 100g butter
- 50g icing sugar
- 1 egg L
- Pinch of salt

Filling:

- 500g of melon
- 3 eggs L
- 80g sugar
- 40g cornstarch
- Zest of 1/2 lemon

Base:

- 1 For the dough, mix everything and knead until you make a homogeneous ball. Line your mold with the dough, prick with a fork and bake at 200°, heat up and down, about 15 minutes.

Filling:

- 2 Grind everything and cook over medium heat, about 10 minutes, until thick.
- 3 Pour over the baked dough and bake at the same temperature (180° and heat up and down) for about 30 more minutes.
- 4 Let cool in the fridge for about 2 hours. and when serving, sprinkle with brown sugar or brown sugar and burn with a blowtorch (it is optional but gives it an exquisite touch).



45 min.



Intermedio





MELÓN “BANDERILLAS” WITH DUCK HAM

- Melon
- Fresh Cheese/Fetta cheese
- Duck ham
- Raspberry jam
- Lime (optional)

- 1** Place the melon, then the duck ham, then the cheese and top with a little raspberry jam.
- 2** Add a touch of lime if you like to give it a citric touch and enjoy.



5 min.



Amateur



MELON CREAM

- Melon
- sliced ham
- cooking cream
- Salt
- Extra Virgin Olive Oil

- 1** Cut half a melon into small pieces and blend.
- 2** Add salt to taste and three tablespoons of cooking cream. Beat everything until it's uniform. Set aside and put in the fridge so that it is very cold.
- 3** Place the slices of ham between two kitchen papers in the microwave, checking at 30-second intervals until crisp. Emplatar
- 4** Serve it in small glasses



15 min.



Amateur



MELON "GAZPACHO"

- 1/2 Piel de sapo melon
- 1 large cucumber
- 2 green peppers
- 1 garlic
- 1 spring onion
- Extra virgin olive oil
- pink salt
- Juice of half a lemon

- 1** Cut the melon into cubes and process in the food processor.
- 2** Repeat the process with the cucumber, green peppers, spring onion and garlic.
- 3** Season with salt to taste, the juice of half a lemon and a good jet of extra virgin olive oil.
- 4** Blend well until a fine and homogeneous mixture is obtained.
- 5** Store in the fridge and serve very cold.



5 min.



Amateur



MELON, CELERY AND SPINACH DETOX SMOOTHIE

- 150g Melon
- 2 celery sticks
- 30g of spinach
- 100g of ice
- Sugar or sweetener (Optional)
- 1/2 seedless and peeled lemon
- 100g of pineapple juice

- 1** Put all the ingredients in the blender and blend for 1 minute.
- 2** Once all the ingredients are blended and incorporated, serve immediately.



5 min.



Amateur



Vegetarian



BANANA, **MELON**, OATS AND CHOCOLATE PUDDINGS

- 200g Melon
- 2 bananas (180/200g)
- 160g oats
- 2 tbsp of dulce de leche or peanut butter
- 2 tsp baking powder
- 2 tbsp of honey or agave syrup (optional)
- 320ml plant-based milk
- Melon cubes
- 10g unsweetened chocolate
- Cinnamon

- 1** Preheat the oven to 180°C.
- 2** Blitz the Ingredients until smooth & then pour the batter in an oven safe baking dish.
- 3** Top with banana slices, 1/2 teaspoon of erythritol or any granulated sweetener, cinnamon, and 1 square of unsweetened chocolate.
- 4** Bake for 20-25 mins



30 min.



Amateur



Vegetarian



MELON CANNELLONI FILLED WITH CROAKER TARTARE

- 1 large slice of melon
- 200g of croaker
- 17g of caper stems
- 20g of pickled red onion
- 10g of grapefruit juice
- 5g of Valentina sauce
- 2g of Worcestershire sauce
- 1 strawberry
- Spices to taste

- 1** Cut the red onion, caper stems, and the fillets of the croaker into small squares. Add everything to a bowl and season to taste.
- 2** Add the grapefruit juice, Worcestershire sauce, and stir well until fully integrated.
- 3** Slice the melon into very thin slices, using a mandoline to ensure they are uniform.
- 4** Add the croaker tartare onto the thinly sliced melon and roll up into a cannoli shape.
- 5** Plate on a bed of lettuce or green leaves, and add a chopped strawberry and a few slices of chopped red onion on top of the canelón.



30 min.



Gourmet



MELON MILLE-FEUILLE

- 1/2 melon
- 100 grams of beef jerky
- 1 ripe mango
- Pedro Ximenez reduction
- Salt and pepper to taste

- 1** Cut the melon and mango into thin slices and set aside.
- 2** Assemble the millefeuille in the following order of layers: melon slice, mango slice and, on top of these, some slices of beef jerky or, if you prefer, tuna. Repeat the process three times.
- 3** Add the PX reduction over the millefeuille. To make the reduction, just bring a cup of Pedro Ximénez wine to a boil with a tablespoon of brown sugar, until it has a consistency similar to a thick syrup.
- 4** Let the millefeuille rest in the refrigerator for at least 30 minutes for the flavors to integrate.



15 min.



Gourmet



COLD

SOUP

- 2 Sweetheart melons
- 2 o 3 tbsp cream or plant-based cream
- Salt to taste
- 2 tsp ground white pepper
- Extra virgin olive oil to taste
- 2 sliced of grilled Iberico ham

- 1** Empty the melon and place it in the blender glass chopped, without skin or seeds.
- 2** Add the rest of the ingredients and blend everything together.
- 3** Pour the mixture in the previously emptied melon and decorate with a little grilled ham and a few drops of oil.
- 4** Enjoy!



20 min.



Amateur



MELON SWEETHEART ICE CREAM

- 500 g Sweetheart melon
- 100 g Greek yoghurt or cream
- cheese
- 150 g whipping cream
- Fresh mint (10 to 15 leaves)
- Sweetener (To taste)

- 1** Cut the melon into cubes and freeze, trying to keep the pieces separate.
- 2** Remove the fruit. If necessary, tap it a few times to separate the pieces. Place the frozen melon, Greek yoghurt, mint and sweetener of your choice (Taste and adjust) in the mixer.
- 3** Whip the very cold cream and mix with the crushed melon. Mix well.
- 4** Serve immediately as sorbet or freeze for 4-5 hours if you prefer a firmer consistency. If you freeze it for more hours, it will be too hard, so take it out half an hour before eating.



20 min.



Amateur

RECIPES WITH

WATERMELON

03





WATERMELON CAKE

For the **cake**:

- 500 g chopped watermelon
- 200 ml tinned coconut milk
- 12 sheets of gelatine/ 18 g gelatine powder / 4 g Agar Agar
- 40 ml milk or planted-based drink
- Sweetener to taste

For the **base**:

- 120 g nuts
- 6 dates previously soaked in hot water
- 1 tsp coconut or olive oil

- 1** Crush the base ingredients and pour the mixture in to the tin (15 cm), pressing it down to form the base.
- 2** Hydrate the gelatin in the cold milk.
- 3** Crush the watermelon and add the coconut milk and sweetener to taste. We have added a large spoonful of liquid sweetener but you can keep tasting and trying depending on which one you use.
- 4** Heat 40 ml of milk and dissolve the previously hydrated gelatin sheets. Mix together well and add it to the watermelon (we have strained it so that there are no undissolved pieces).
- 5** Pour the mixture on top of the base in your tin and store in the fridge for at least 5 hours so that it sets well.
- 6** Decorate and serve cold.



30 min.



Amateur



Vegan



WATERMELON ICE CREAM

- 500 g frozen fruit
- 250g light cheese spread or yoghurt or tinned coconut milk
- Date paste or any other sweetener

- 1** Cut the fruit into cubes and freeze them, trying to ensure that the pieces are kept separate from each other.
- 2** Remove the fruit and blend with a powerful mixer. Stir to keep blending it. Do not add water.
- 3** Add the cream cheese and blend.
- 4** Add your preferred sweetener (amount to taste, taste and rectify)

Optional: You can add chocolate chips.

Serve immediately to enjoy as a sorbet or freeze for 3 hours if you prefer a firmer consistency.

If you freeze it for longer, remove it from the freezer half an hour before serving so that it is not too hard.



20 min.



Amateur



Vegetarian



ENSALADA DE SANDÍA Y MOZZARELLA

- 1 Watermelon
- Mozzarella pearls
- Pine nuts
- Basil leaves
- Extra virgin olive oil
- Lemon juice
- Salt and pepper

- 1 Use a spoon to scoop out the watermelon balls.
- 2 Add mozzarella pearls, pine nuts, and basil leaves.
- 3 Season with olive oil, lemon juice, pepper, and salt.



10 min.



Amateur



Vegetarian



WATERMELON PIZZA

- Watermelon
- Sugar-free Greek yoghurt
- Strawberries
- Blueberries
- Kiwi
- Cherries

I Cut the watermelon into the shape of a pizza, add the other ingredients on top to taste and enjoy.



15 min.



Amateur



Vegetarian



WATERMELON SALAD

- 6 shallots
- 1/4 watermelon
- 1 tomato
- 5 g fresh basil
- 5g fresh mint
- 100g feta cheese
- 1/2 spring onion
- Oil, sherry vinegar and salt

- 1** Cut the shallots into julienne and sauté for 10 minutes until golden brown.
- 2** Peel the watermelon and cut them into bite-size pieces.
- 3** In a bowl, mix the watermelon with the tomato in segments, the julienned onion, the chopped herbs, the crumbled cheese and dress to taste.
- 4** Serve with the poached shallots and enjoy!



20 min.



Amateur



Vegetarian

RECIPES WITH MANGO





MANGO AND CHOCOLATE CRUMBLE CAKE

For the **cake**:

- 3 medium eggs
- 1 large Bollo Fruits mango
- 1 cup rolled oats (80g.)
- 7 g. baking powder
- 1/3 cup ground almonds or oatmeal (50g.)
- 20 ml olive oil
- Sweetener to taste

For the **chocolate crumble**:

- 3 tbsp rolled oats
- 2 tbsp ground almonds
- 20 g cocoa powder
- 20 g chocolate chips or pieces
- 3 tbsp brown sugar, coconut sugar or raw cane sugar

- 1** Blend the mango with a mixer and then transfer to a large bowl. Add the beaten eggs, oil and yeast to the bowl and mix well again.
- 2** Add the ground almonds and rolled oats until all ingredients are well mixed together. Mix with a spoon or a whisk.
- 3** If you like things sweet, add your preferred sweetener. We have used 1 tbsp liquid saccharin.
- 4** Take a small removable silicone tin (ours is 15 cm), but if you do not have one, cover with baking paper so that it does not stick.
- 5** Bake at 170°C for around 12 minutes.
- 6** Meanwhile, prepare the topping. Simply mix the ingredients for the topping in a bowl and stir.
- 7** Take the cake out of the oven and place the crispy topping on top.
- 8** Return to the oven for another 15 minutes. The oven time always depends on your oven and the size of your tin, so we advise keeping an eye on it and pricking it with a stick to know when it is ready.



50 min.



Gourmet



Vegetarian



MANGO LASSI

- 1 ripe mango
- 1 yoghurt
- 4 o 5 ice cubes
- ½ o 1 glass of milk
- 2 ml lemon juice
- 2 mg cardamom

- 1** Mix together all ingredients except the milk in a blender.
- 2** Once mixed, lighten the mixture with a little milk to achieve the desired consistency.
- 3** Serve and enjoy.



15 min.



Amateur



Vegetarian



MANGO CUSTARD

- 500 g mango pulp (approx. 2 medium mangoes)
- 1 and 1/2 cups plant-based drink
- 2 tbsp lime juice
- 3 tbsp cornstarch or other thickener
- Optional: 2 tbsp date paste

- 1** Blend all ingredients in a food processor until you obtain a fine and smooth cream.
- 2** Add to a saucepan and cook on a medium heat for around 15 minutes, stirring occasionally, until it has thickened and has a creamy texture.
- 3** Pour into glasses or individual bowls, leave to cool then refrigerate for at least 4 hours to finish thickening.
- 4** Serve chilled and ENJOY!



35 min.



Amateur



Vegan



CREAMY **MANGO** AND BANANA ICE CREAM

- 160 g banana
- 250 g mango
- 40 ml almond milk or normal milk
- 15 ml lemon juice
- 2 g vanilla powder
- 100 g cream cheese

- 1** Chop the fruit and freeze for 20/30 minutes.
- 2** Blend the frozen fruit together with the milk and lemon juice.
- 3** Add the cream cheese and vanilla then blend again.
- 4** Leave to rest for 15 minutes in the freezer and enjoy as you like: With a biscuit, in a cone, with your favourite topping or on its own!



15 min.



Amateur



Vegetarian



MANGO

SMOOTHIE BOWL

- 500 g diced mango
- 350 ml coconut milk
- 4 tbsp ground almonds
- 2 tbsp agave syrup

- 1** Mix everything in a blender until it has a fine texture and fill it with colours, flavours and textures using your preferred toppings!
- 2** *Tip:* Leave to cool for a few hours for a higher density. You can also serve it as a smoothie with some ice cubes



5 min.



Amateur



Vegetarian



MANGO CURRY

- 2 chicken breasts (500g)
- 2 garlic cloves
- 2 tbsp coconut or olive oil
- 1 large onion
- 2 mangoes
- 400 ml plant-based milk (almond, soya...)
- 2 tbsp honey
- 2 tbsp oatmeal or other
- Salt to taste
- 2 tbsp curry powder
- 1 tbsp fresh diced ginger or 1 tsp ginger powder
- 1 tsp hot paprika
- 1 tsp fresh coriander

- 1** Chop a mango and blend it with the vegetable drink and flour. Reserve.
- 2** Chop the onion and garlic with a pinch of salt. Heat the oil in a saucepan and brown the onion and garlic for about 7 minutes.
- 3** Chop the chicken breasts and add to the same pan with the onion. Cook for 5 more minutes.
- 4** Add the ginger, coriander, curry, and paprika. Stir to integrate with the chicken and then add the mango sauce that you had crushed. Mix everything and cook over medium heat for 10 minutes.
- 5** Finally, try the sauce, add salt and some honey or another sweetener, (sauce should be sweet). Chop the other mango and add it to the sauce. Cook for 5-10 more minutes.
- 6** Serve with rice and enjoy it.



40 min.



Amateur



MANGO PUDDING

- 2 mangoes
- 250 natural Greek yogurt
- 200 ml non-dairy milk
- 6 sheets of neutral gelatin or agar agar

- 1** Cut the mango into pieces.
- 2** Hydrate the gelatin during 5/10 minutes and mix it with the previously heated milk to dissolve it.
- 3** Add the milk with the gelatin together with the mango and the yogurt, and blend everything.
- 4** Pour the mixture into molds and let cool in the fridge for about 4 hours.
- 5** Unmold, add your favorite toppings and ENJOY!



10 min.



Amateur



MANGO AND ROOIBOS CRUMBLE

- 480 g of wheat flour
- 120 g panela sugar
- 240g butter
- 2 eggs
- 1 kg of mango
- 1 sachet of rooibos
- 1 tablespoon of spices to taste (cinnamon, nutmeg, ginger, etc.)

- 1** Mix all the ingredients (except the mango, the spices and half of the sugar).
- 2** Cover 4 molds of about 12 cm in diameter or a large one with parchment paper.
- 3** Flatten the dough down and along the sides of each pan to create a 3-4mm thick layer, spend half the dough, reserving the other half to cover the mango.
- 4** Peel and dice the mangoes and mix with the rooibos, the spices and the rest of the sugar.
- 5** Cook in a pan for about 10 minutes, distribute in the molds and cover them with the rest of the shortcrust pastry.
- 6** Bake at 180° for about 35/40 minutes, previously preheated to 250° C.



35 min.



Amateur



MANGO STICKY RICE

- 1 cup of glutinous rice or coarse grain rice (you can use bomba or sushi rice as well).
- 2 cups of coconut milk/cream.
- 2 tablespoons of brown sugar.
- 1 ripe mango.
- Lemon zest.
- Pinch of salt.

- 1** Rinse the rice very well (you can leave it to soak for 2-4 hours) and then rinse again.
- 2** Steam the rice in a steamer or saucepan.
- 3** In a pot, add the coconut milk, the brown sugar, a pinch of salt and the lemon zest, stir for 10 minutes.
- 4** Add the rice to this mixture and stir.
- 5** Wash the mango and peel.
- 6** Serve a portion of rice accompanied by half a mango.



45 min.



Amateur



Vegetarian

A

RECIPES WITH

VOCADO





CHOCOLATE AND AVOCADO BROWNIE

- 150 g oatmeal or other
- 70 ml plant-based drink or milk
- 1 y ½ avocado, pitted and skinless (180g)
- 1 soya or natural yoghurt
- 60 g cocoa powder
- 1 pinch of salt
- 1 tbsp vanilla essence (optional)
- 70 g pitted dates (hydrated with very hot water)
- 4 oz chocolate (in a bar)

- 1** Remove the water from the dates and blend all the ingredients together except for the chocolate. Taste the mixture and check its sweetness, you can add more dates or another sweetener (amount to taste).
- 2** Add the chopped chocolate to the mixture and mix everything with a spatula. Place in a baking dish (we have used an 18cm x 13 cm rectangular dish, lined with greaseproof paper).
- 3** The topping is optional; we have used a few dates mashed with a little water to form a thick paste and distributed it through the brownie.
- 4** Bake at 180°C for 25 minutes. As soon as you remove it from the oven, the consistency will be soft. You can add grated chocolate on top just after removing from the oven, it will melt. Remove from the oven and leave to cool at room temperature for a harder consistency.



35 min.



Amateur



Vegan



TUNA AND CREAM CHEESE STUFFED AVOCADOS

- 2 avocados
- 30 g cream cheese
- 160 g drain canned tuna
- 3 pickles
- 3 small tomatoes (or a medium one)
- Black pepper
- Salt
- Squeezed lemon

- 1** Cut the avocados in half and remove the pit.
- 2** Scoop half of the flesh out of each avocado half, being sure to leave some undisturbed.
- 3** Transfer the avocado flesh to a bowl, mash it and mix well with the rest of the ingredients.
- 4** Add the stuffing back into the avocado halves.
- 5** Decorate, serve and ENJOY!



15 min.



Amateur



AVOCADO PASTA

- 1 avocado
- 20 g peeled and unsalted almonds
- 12 basil leaves
- 1 garlic clove
- 2 tbsp pasta water
- Salt and pepper to taste
- 1 tbsp lemon

- 1** Cook the pasta.
- 2** Blend together all the sauce ingredients with 2 or 3 tablespoons of the pasta water.
- 3** Mix together with the pasta and serve with grated Parmesan cheese on top.



20 min.



Amateur



Vegan



VEGAN CHOCOLATE AND AVOCADO CAKE

- 50 g ground almonds
- 2 large avocados
- 50 g unsweetened fat-free cocoa powder
- 85 g apple sauce (roasted or cooked in the microwave)
- 70 g coconut oil
- 50 g chocolate chips
- Sweetener to taste (150 g erythritol)
- 1 tsp salt
- 1 tsp vanilla essence
- 1 tsp bicarbonate of soda
- 1 tsp apple vinegar
- 100 ml plant-based drink or milk

- 1** Add all ingredients to a powerful blender. You can also mix them without a blender, mashing the avocados well with a fork and mixing the other ingredients with a spatula until you have an even mixture.
- 2** Add the chocolate chips and mix with a spatula. Transfer to a tin (ours is 20 cm) and bake at 175°C for 55 minutes.
- 3** Remove from the oven and leave to rest for 20 minutes inside the tin on top of a wire rack.
- 4** **Optional:** For a topping, make a mixture with cocoa powder, soya milk and date paste. Add more chocolate pieces to decorate.



20 min.



Amateur



Vegan

BAKED **AVOCADOS** WITH EGG AND BACON

- 2 avocados
- 4 eggs
- 20 g natural cured bacon
- Chives
- Salt and pepper

- 1** Cut the avocados in half and remove some of the flesh to enlarge the hole if necessary.
- 2** Add some bacon, an egg, chives and season with salt and pepper to taste.
- 3** Bake for 10 minutes, previously preheated to 180°.



10 min.



Amateur



AVOCADO AND CHOCOLATE BONBONS

- 1 large ripe avocado
- 80g dark chocolate for desserts
- 10ml coconut oil
- Pistachios
- Shredded coconut

- 1** Cut the avocado in half, remove the pit and scoop out the flesh into a mixing bowl.
- 2** Melt the dark chocolate in a double boiler or microwave, stirring occasionally.
- 3** Add the melted chocolate and coconut oil to the avocado flesh and mix until well combined.
- 4** Place the mixture into the refrigerator for at least 30 minutes to set.
- 5** Once set, make some balls with the mixture and sprinkle with pistachios or shredded coconut as desired.



5 min.



Amateur



Vegetarian



GUACAMOLE WITH BOLLO **AVOCADO**

- 2 Avocados #BolloFruits
- 1 Tomato
- 1/2 Onion
- 1/4 Cup chopped cilantro
- Juice of 1 lime
- Serrano chili (optional)
- Salt and black pepper

- 1** Peel and dice the avocados and place them in a large bowl
- 2** Cut the tomato and onion into small cubes. Add them to the bowl with the avocados, along with the chopped cilantro and lime juice. If you want to add some spice, you can also add a finely chopped serrano chili.
- 3** Add salt and black pepper
- 4** Using a fork, mash and stir everything together until well combined and the avocados are slightly mashed.
- 5** Serve with tortilla chips or use it in tacos or salads



5 min.



Amateur



Vegetarian

RECIPES WITH

GRAPES





MINI CHEESECAKES WITH WHITE CHOCOLATE AND GRAPES

- 200 g biscuits
- 60 g butter or peanut butter
- 200/250 g seedless white grapes
- 500 g mascarpone
- 180 g white chocolate
- 250 ml cream or plant-based cream
- 1 sachet (6 g) of gelatin or its equivalent in Agar Agar
- 40 g sugar or your preferred sweetener

- 1** For the base, crush the biscuits until they resemble a powder and mix well with the butter, then spread evenly in the bases of the moulds.
- 2** Melt the white chocolate with the milk and mix in the same saucepan with the cheese, 100 g chopped or crushed grapes, sweetener and cream. Stir well and add the gelatin, mixing it in with the other ingredients. Remove and set aside.
- 3** Once the mixture has cooled slightly, pour on top of the bases in the moulds and leave to rest for 4 or 5 hours.
- 4** Decorate with the grapes and enjoy!



20 min.



Amateur



Vegetarian



ROASTED CHICKEN WITH GRAPES

- 4 chicken thighs and 4 chicken drumstick
- Shallots
- Red grapes
- Fresh thyme (or dried)
- Fresh rosemary (or dried)
- 1 cup chicken broth
- ½ glass of white wine
- A pinch of salt
- A pinch of ground black pepper
- Extra virgin olive oil

- 1** Preheat the oven to 200° with heat up and down.
 - 2** Place the chicken in a baking dish, season it with salt and pepper and add a drizzle of olive oil.
 - 3** Add the peeled shallots, a good amount of thyme and rosemary, and the broth or water. Bake for 20 minutes.
 - 4** After 10 minutes, open the oven and add the white wine and grapes.
 - 5** When the 20 minutes are up, take the chicken out of the oven, check that it's done, and add more herbs on top.
- Tip:** You can add bacon to give it an extra crunchy touch.



20 min.



Amateur



GRAPE SLUSH

- Plant-based drink
- 12 grapes
- 5/6 ice cubes

- 1** Wash the grapes very well.
- 2** Crush it, if you have a food processor it is better.
- 3** Add the cold milk and the ice cubes, blend very well until you get a smoothie.



10 min.



Amateur



Vegan



GRAPES AND SALMON SALAD

For the **salad**:

- 1/2 zucchini
- 50g of carrot
- 100g of grapes
- 50g of mango
- 100g of smoked salmon

For the **vinaigrette**:

- 15g of whole grain mustard
- Juice of 1/2 lemon
- Salt
- Extra virgin olive oil

- 1** Cut all the ingredients into small squares, except the grapes, which will be cut into segments.
- 2** To prepare the vinaigrette, in a jar with a lid, combine the whole grain mustard, extra virgin olive oil, salt, and lemon juice. Shake the jar vigorously until you achieve a homogeneous mixture.
- 3** In a bowl, combine all the ingredients, except for the smoked salmon, and mix them with the vinaigrette until well incorporated.
- 4** Transfer the mixture onto a plate and arrange the smoked salmon on top in the shape of a flower. Drizzle a little extra virgin olive oil (AOVE) over the salad.



10 min.



Amateur

RECIPES WITH

PUMPKIN

07





PUMPKIN CHEESECAKE

For the **filling**:

- 350 g cream cheese
- 250g oven roasted pumpkin
- 3 eggs
- 50 g oatmeal
- 1 tsp cinnamon
- 1 tbsp baking powder
- 1/2 tsp salt
- 45 g erythritol (or equivalent in another sweetener)

For the **base**:

- 150 g nuts
- 2 tbsp cocoa powder
- 7 dates soaked in hot water
- 1 tbsp coconut oil

- 1** Crush the base ingredients and place at the bottom of a cake tin (ours is 18 cm).
- 2** Mix together the filling ingredients and add on top of the base.
- 3** Bake for 25 minutes at 175°C. Remove and carefully spread the pumpkin topping on top. **Topping**: roasted pumpkin mashed with a little sweetener and cinnamon (adjust to taste).
- 4** Bake for a further 30 minutes at 180°C. Let cool before removing from the tin and then refrigerate for at least 2 hours.
- 5** The decoration is melted chocolate.



25 min.



Amateur



Vegetarian

BAKED RICE IN PUMPKIN

- 400 g rice
- 1 medium pumpkin
- 500 g pork ribs
- 1 bacon cut into slices
- 1 o 2 white or black 'butifarra'
- 1 garlic head
- 2 grated tomatoes for the stir-fry
- 1 turnip
- 80 g chickpea
- Saffron
- Paprika
- Salt
- Olive Oil
- 1 potato cut into slices

- 1** Preheat the oven to the maximum temperature at the bottom tray.

To get the meat out of the pumpkin, cut off the top and remove the seeds and threads, then scoop out the flesh.
- 2** Try to leave at least 2 cm thick to prevent it from breaking once baked. Cut it into cubes and set it aside.

In a frying pan, fry the ribs together with the bacon and then add the tomato, stir and add the dices pumpkin, turnip and chickpeas. Once mixed and sautéed, add the rice with a pinch of paprika, saffron and salt so that it gets all the flavor.
- 3**
- 4** When everything is well fried, add the water and let it rest for 10 minutes over low heat, it is important to keep this measure: 2 glasses of water for one of rice.

Pour the previous mixture into the pumpkin and add the other ingredients that we have not fried: the head of garlic and the white or black 'butifarra'. You can also add slices of raw potato and tomato on top, according to tastes and areas.
- 6** Place in the oven at 180° for 40 minutes. Enjoy!



60 min.



Gourmet



PUMPKIN FRITTERS

- 1 kg roasted or boiled pumpkin
- 375 g flour
- ½ tablet of fresh yeast (12/13 g)

- 1** Roast or boil the pumpkin. In our case, we preferred to roast it. Once the pumpkin is roasted or boiled, mix it with the flour and yeast until it forms a consistent dough.
- 2** Heat up a fryer or a frying pan with plenty of oil to be able to fry the fritters and ensure they are covered.
- 3** Form the shape of the fritters (read tips below).
- 4** Fry the fritters for no more than 2 minutes. Let them rest on a plate covered with a napkin to absorb the remaining oil. You can add a topping of sugar to give them a sweeter touch.

Tips for forming the shape:

The easiest thing is to make them one by one and put them in the fryer or pan individually so that the shape with the hole is perfectly maintained.

You must have wet hands before forming the shape of each fritter so that they do not stick.

Make a ball with one hand and then when you place it in the other hand to add it to the fryer, make the hole with your fingers just before frying.



45 min.



Gourmet



Vegan



PUMPKIN SOUP

- 600g pumpkin
- 2 carrots
- 1 leek
- 1 onion
- 2 potatoes
- 200ml whipping cream, coconut milk or vegetable drink
- Salt
- Olive oil
- Turmeric
- Cumin
- Pumpkin seeds to decorate

- 1** Peel and cut the vegetables into cubes.
- 2** Sauté the onion and leek in a pot with some olive oil for 5 minutes.
- 3** Once poached, add the pumpkin, potatoes and carrots.
- 4** Add the cream and spices and cover all the ingredients with water. Boil for about 20 minutes over medium heat.
- 5** When the pumpkin is soft, beat everything until you get the desired texture.
- 6** Decorate with cream and pumpkin seeds and enjoy!

Tip: save a glass of the cooking water to rectify the texture of the soup to taste.



20 min.



Amateur



Vegan



PUMPKIN CUSTARD

- 600 gr roasted or boiled pumpkin
- 300 ml almond drink.
- 100 ml coconut milk
- 60 gr panela sugar
- 1 small spoon of cinnamon.
- 1 small spoon of nutmeg.
- ½ small spoon of vanilla powder.

- 1** Blend all the ingredients until a fine and homogeneous cream is left.
- 2** Serve in 4 small glasses and let rest for about two hours in the fridge.
- 3** Decorate with your favorite topping (cinnamon, nuts, cookie or waffle, etc).



15 min.



Amateur



Vegan



RECIPES WITH SWEET POTATO



SWEET POTATO AND CHOCOLATE MUFFINS

For the **muffin**:

- 300 g roasted sweet potato or cooked in the microwave
- 100 g dates, soaked in hot water
- 4 eggs
- 16 g baking powder
- 150 g chopped nuts (almonds in our case)
- Spices to taste (cinnamon, ginger, cardamom, vanilla...)

For the **topping**:

- 2 ripe bananas
- 1 ripe avocado
- 40 g cocoa powder
- 100 g dates soaked in hot water

- 1** Blend all the muffin ingredients and pour the mixture into individual paper moulds. Bake for 25 minutes.
- 2** Blend all the topping ingredients.
- 3** Once removed from the oven, let it cool and decorate with the mixture obtained for the topping. Enjoy!

Tip: You can add some topping mixture into the muffin batter before baking for an extra sweet taste.



30 min.



Gourmet



Vegetarian



SWEET POTATO PASTRIES

- 300 g roasted sweet potato or cooked in the microwave
- 2 eggs
- 100 g oatmeal or other
- 2 tbsp olive oil
- 2 tbsp milk or vegetable drink
- 1 tsp baking powder / yeast
- 1 tsp ground cinnamon
- Sweetener if you want them sweeter

- 1** Smash the sweet potato with a fork and mix with the rest of the ingredients. Pour into molds and bake at 190 ° 35 minutes.
- 2** Decorate with sugar-free white chocolate and make the faces with pure chocolate.



30 min.



Amateur



Vegetarian



SWEET POTATO THREE WISE MEN CASCA

For the **dough**:

- 2 kg of almond flour
- 850 g sugar
- 3 eggs

For the **filling**:

- 1 kg sweet potato
- 700 g sugar
- Zest of 1 lemon
- 1 o 2 cinnamon sticks

- 1** For the dough: Mix and knead the three ingredients of the dough.

For the filling: Once the sweet potato is boiled, mix it together with the lemon zest. Add the sugar and the cinnamon stick and boil for about 10 minutes over medium heat, stirring without stopping to prevent the sugar from burning.
- 2**
- 3** Once you have a homogeneous paste, make a long cylinder (as long as you want the body of the snake).
- 4** Smash the cylinder a little bit, put the sweet potato mixture on top and close it to get a round cylinder.
- 5** Turn it over to hide the closing area and decorate to taste.



55 min.



Gourmet



Vegetarian



SWEET POPTATO CHIPS

- 2 sweet potato
- 2 tbsp oregano
- 2 tbsp onion powder
- 2 tbsp garlic powder
- 2 tbsp paprika
- 2 tbsp hot paprika
- 2 tbsp ground pepper
- 2 tbsp flour
- 3 tbsp olive oil

- 1** Cut the sweet potato into strips.
- 2** Mix the spices with the flour and olive oil and cover the sweet potato with the previous mix.
- 3** Bake for 30 minutes at 150° (depending on the oven) previously preheated to 200°.
- 4** Choose your favorite sauces and enjoy.



10 min.



Amateur



Vegan



SWEET POTATO DONUTS

- 50g of cooked sweet potato
- 25g brown rice flour
- 10g carob flour
- 15g almond flour
- 1 cp of chemical yeast
- 1 egg
- 1 tsp of coconut oil

- 1** Preheat the oven to 180° C.
- 2** Blend all the ingredients.
- 3** Transfer to the previously greased mold and put in the oven for about 10-12 '.



15 min.



Amateur



Vegetarian



SWEET POTATO TOASTS

- 1 Cut the sweet potato into 1 cm thick slices.
- 2 Toast the slices for 10 minutes in a toaster or in the oven.
- 3 Use them as a base for any topping you like.

Option 1:

- Avocado
- Chickpeas
- Sesame seeds

Option 2:

- Avocado
- Cream cheese
- Egg

Option 3:

- Ricota
- Nuts
- Honey

Option 4:

- Peanut butter
- Banana
- Almonds

Option 5:

- Ricota
- Salmon
- Chives

Option 6:

- Cream cheese
- Raspberries



10 min.



Amateur

RECIPES WITH FRUITS

S

UMMER





NECTARINE CAKE

For the **dough**:

- 250 g wholemeal wheat or spelt flour
- 40 ml melted coconut oil
- 120 ml tepid water
- 25 ml date caramel, agave syrup, raw cane sugar (sweetener to taste)
- Pinch of salt
- ½ tsp cinnamon

For the **topping**:

- Marmalade or nut butter
- 3 or 4 nectarines
- Optional (chopped almonds for the top)

1

In a bowl, mix together all of the dough ingredients, stir and then mix by hand for a few minutes to combine. Spread on to a baking tray (lines with greaseproof paper) and flatten with a rolling pin until it is thin (approximately 34 cm in diameter). The thinner it is, the better it will be.

2

Spread a thin layer of marmalade or nut butter on to the dough without reaching the edges, leaving around 2 fingers clear.

3

Cut the nectarines into slices and place on top (it does not have to be circular in shape).

4

Bake at 180°C for 25 minutes.



35 min.



Gourmet



Vegan



NECTARINE AND MINT LOLLIES

- 250 g nectarine (already peeled and pitted)
- 250 ml water
- A handful of mint leaves
- Sweetener to taste (2 tbsps erythritol)

- 1** Boil the water in a saucepan over a low heat with 15 mint leaves and the sweetener.
- 2** Leave to cool and remove the leaves. Peel and pit the nectarines, then blend together with the infused water.
- 3** If you want a more intense mint flavour, you can add some leaves and mash them together with the mixture.
- 4** Pour the mixture into lolly moulds and put in the fridge for at least 5 hours.



25 min.



Amateur



Vegan



NECTARINE TOAST, WITH BURRATA AND SALMON

- 5 nectarines
- 100g of smoked salmon
- 1 burrata
- Basil leaves
- Pepper
- Black sesame or seeds to taste
- Extra virgin olive oil

- 1** Peel 4 nectarines and cut into segments.
- 2** Sauté with 2 tablespoons of olive oil over medium heat 6-7 min and let rest.
- 3** Toast the bread, add the sautéed nectarine, a few pieces of burrata, pepper, smoked salmon, some raw and chopped nectarine, basil, sesame and finish with a dash of olive oil.
- 4** **Tip:** You can also do it without the bread and serve it as a salad.



20 min.



Amateur



NECTARINE SALMOREJO

- 3 nectarines
- 2 small orange peppers
- 1 small green bell pepper
- Half an onion
- 1 small garlic clove
- 1 very ripe tomato
- 100 gr. of bread
- 1 teaspoon of vinegar
- 50 ml. of extra virgin olive oil
- Salt
- 2 tablespoons of water

- 1** Put all the ingredients, except the oil, in a mixing bowl, leave a few minutes for the bread to soak and make it less difficult to mix.
- 2** Whisk everything very well for a few minutes, then add the oil in a trickle and whisk to emulsify.
- 3** Taste and season with salt



10 min.



Amateur



Vegetarian



PEACH PIZZA

- Pizza dough with 5 cereals and seeds
- 1 yellow peach
- 120 g Iberian ham
- 60 g Grana Padano cheese, grated
- 1 Burrata cheese
- Mozzarella balls
- 50 g homemade tomato sauce
- 50 g sauteed onion
- Fresh basil
- Extra virgin olive oil
- Modena balsamic vinegar
- Ground oregano
- Salt and pepper to taste

- 1** Add the homemade tomato sauce, grated Grana Padano cheese, ground oregano and olive oil to the pizza base.
- 2** Bake for 10 minutes at the highest temperature.
- 3** Once the dough is ready, add all remaining ingredients on top: the peach, previously cut and washed, Burrata cheese, fried onion, Iberian ham, mozzarella balls, fresh basil and the Modena balsamic vinegar.
- 4** Enjoy



15 min.



Amateur



PEACH CRUMBLE

For the **crumble**:

- 150g of brown sugar
- 100g of flour
- 50g of oat flakes
- 50g of ground almonds
- 200g of cold butter
- A pinch of salt

For the **filling**:

- 7 or 8 peaches
- 75g of sugar
- 1 tablespoon of cornstarch
- Juice of 1/2 lemon
- A splash of brandy (optional)

- 1** Cut the peaches into small cubes. Mix the diced peaches with the rest of the filling ingredients: sugar, cornstarch, lemon juice, and a splash of brandy (if using). Place the mixture in a skillet with a lid and cook for 10 to 15 minutes, stirring occasionally, until the peaches are well cooked and tender.
- 2** In a separate bowl, mix all the crumble ingredients: brown sugar, flour, oat flakes, ground almonds, cold butter, and a pinch of salt. Use your fingers to crumble the cold butter into the dry ingredients until the mixture resembles coarse crumbs.
- 3** Preheat your oven to 200°C (180°C for fan-assisted ovens). Take an oven-safe dish and add the cooked peach filling as the base. Sprinkle the crumble mixture evenly over the peach filling.
- 4** Bake in the preheated oven for about 15 minutes or until the crumble topping turns golden brown.



30 min.



Amateur



PLUM AND WHITE CHOCOLATE LOLLIES

- 200 g pitted red plums
- 70 g mascarpone
- 3 medjoul dates
- 100 g unsweetened white chocolate (or dark chocolate)
- 1 tbsp coconut oil

- 1** Mash the plums, add the mascarpone and the dates that have been previously soaked in hot water. Blend together thoroughly until there are no pieces of plum skin left.
- 2** Fill the lolly moulds and put in the freezer for 5 hours. The mixture provides enough for 8 mini lollies or 4 normal lollies.
- 3** Melt the chocolate and coconut oil in a small and narrow bowl by putting it in the microwave for 30 seconds, remove and stir, then put back in for another 30 seconds, or you can also melt it in a bain-marie.
- 4** Remove the lollies from the freezer, dip each one in the bowl of melted white chocolate and wait a few seconds for it to solidify.

Optional: Decorate with a few strands of melted pure chocolate and goji berry pieces or chopped almonds.



20 min.



Amateur



Vegetarian



FLAT PEACH AND COCONUT MARGARITA COCKTAIL

- 4 flat peaches
- Agave syrup
- Coconut milk (canned)
- Gratted coconut
- The juice of 1 lemon (or half if you don't want it so acid)
- 1/2 glass of water

- 1** Peel and chop 4 flat peaches and place the pieces in a mixer. Add lemon juice, some coconut milk, 1/2 glass of water and whisk everything together until smooth.
- 2** Spread some agave syrup on top of the glass and stick the grated coconut to decorate.
- 3** Add some ice and pour the mix.
- 4** Enjoy!



20 min.



Amateur



Vegan

OTHER RECIPES WITH FRUITS AND VEGETABLES





SPINACH AND **FIG** SALADS

- Spinach
- 4 figs
- Serrano ham
- Pine nuts
- Modena balsamic vinegar
- Extra virgin olive oil

1 Plate up to taste and enjoy.



15 min.



Amateur



CAQUI SMOOTHIE BOWL

- 2 persimmons
- 1 tsp ground cinnamon
- Nuts
- Grated coconut
- Pure unsweetened chocolate

- 1** Crush and mix 2 ripe persimmons with a tsp of ground cinnamon.
- 2** Decorate with grated coconut, unsweetened chocolate, nuts or any of your preferred toppings and enjoy.



15 min.



Amateur



Vegan



POMEGRANATE CHOCOLATE

- Pomegranate
- Pure unsweetened chocolate

1

Crumble a bar of pure unsweetened chocolate into pieces. Add to a bowl and heat in the microwave for 15-second segments. After every 15 seconds, remove and stir with a spoon (do not skip this step as the chocolate may burn). Do this until it has completely melted.

2

In disposable or silicone moulds for chocolates or mini muffins, Add a base of pomegranate seeds, then a layer of melted chocolate, another layer of pomegranate, another of chocolate, until the final layer is pomegranate.

3

Once the moulds are full, cool in the fridge until they have solidified. If your sweet tooth is too big and you can't wait, put them in the freezer for 10 minutes and voila!

4

You can also make these with chocolate and nuts, almonds, pistachios...



20 min.



Amateur



Vegan



SEASONAL SALAD WITH POMEGRANATE

For the **salad**:

- Rice
- Mixed greens (such as arugula, cashews, and lettuce)
- Cooked lentils
- Steamed or boiled carrots
- Avocado
- Pomegranate seeds

For the **dressing**:

- 2 tbspof Extra Virgin Olive Oil
- Juice of 1 pomegranate
- 1 tablespoon of freshly squeezed lemon juice
- Salt
- Black pepper
- 1 tablespoon of honey

- 1** Mix all the dressing ingredients and stir until well combined.
- 2** Assemble the salad in a bowl and drizzle with the dressing.



5 min.



Amateur



Vegetarian



CREAM CHEESE AND POMEGRANATE ROLL

- 200 grams cream cheese (light)
- 50 grams clean pomegranate
- 30 grams granulated almonds
- Fresh basil leaves
- Battered: pomegranate and dried basil

- 1** Mix the cream cheese with the pomegranate, the almond and the chopped basil.
- 2** Spread the mixture on a transparent film and close in the form of a roll, pressing it well, and you do compact cylinder.
- 3** Freeze for about 15 minutes to make it compact. Top with pomegranate and sprinkle with basil.



20 min.



Amateur



Vegetarian



KIWI MOUSSE

- 8 kiwis
- 200 g condensed milk
- 100 g Greek yoghurt
- 200 g condensed milk
- 200 g plant-based whipping cream
- 3 sheets of gelatin

- 1** Peel the kiwis and mash them until you are left with a fine purée.
- 2** Whip the plant-based cream and add the condensed milk, yoghurt and previously hydrated gelatin until you obtain a consistent and even mixture.
- 3** Finally, add the kiwi purée and mix with enveloping movements.
- 4** Add to glasses, refrigerate for 30 minutes and enjoy.



15 min.



Amateur



Vegetarian



FIG TOASTS WITH BIRE CHEESE, HAM, WALNUTS AND HONEY

- Bread cut into toasts
- Brie cheese
- Ham
- Figs
- Walnuts
- Honey

- 1** Toast the bread to make it crispy and the cheese melted.
- 2** Add the rest of the ingredients.
- 3** Savor it!



5 min.



Amateur

RECIPES

SMULTRUIT





FENNEL SALAD WITH ORANGE DRESSING

- Fennel
- Cucumber
- Tomatoes
- Orange
- Blueberries
- Feta cheese
- Avocado
- Chives
- Salt, pepper, olive oil

- 1** Cut the cucumber, tomatoes, fennel and avocado into pieces and place them as the salad base in a bowl.
- 2** Add the blueberries and crumble the feta cheese on top.
- 3** For the dressing, squeeze 1 orange and mix the juice with the chopped chives, salt, pepper and oil in a jar. Shake to integrate all the flavors and pour over the salad.
- 4** Stir well and enjoy!



20 min.



Amateur



Vegetarian



COUS COUS, MELON AND AVOCADO SALAD

- 3 slices of melon
- 1 large avocado
- 1 cup cous cous or bulgar wheat
- Grana Padano Parmesan cheese
- Medium red onion
- 20 g pine nuts
- 60 g pistachios
- Mint
- Oil
- Salt
- Pepper
- Lemon
- Cinnamon

- 1** Put the cous cous in a bowl and add the boiling water, following the instructions on the packet.
- 2** Add the juice of half a lemon, oil, salt, pepper and a little cinnamon, then stir.
- 3** Cut the melon, avocado and onion into slices and add it to the cous cous with the pine nuts and pistachios.
- 4** Stir thoroughly and leave to cool in the fridge. When serving, add the desired amount of Parmesan cheese and mint on top. Enjoy!



15 min.



Amateur



Vegetarian



DETOX **ORANGE** AND **KIWI** SMOOTHIE

- 2 orange
- 2 kiwis
- 1 banana
- 150 g spinach
- Honey to taste for those with a sweet tooth

I Mix together all ingredients in a blender and enjoy.



15 min.



Amateur



Vegan



GLASSES OF **AVOCADO** WITH A SALMON AND **GRAPEFRUIT** TARTAR

For the **cream**:

- 2 supreme quality avocados
- 3 tbsp Greek yoghurt
- 1 tbsp grapefruit juice
- Salt and pepper

For the **tartar**:

- 150 g fresh salmon fillet (previously frozen)
- 150 g smoked salmon filled
- 3 tbsp chopped chives
- 4 tbsp grapefruit juice
- Half a grapefruit, diced
- Honey
- Salt and pepper
- Extra virgin olive oil
- Sesame seeds

1

In a bowl, add the salmon chopped into small pieces, 2 tbsps extra virgin olive oil, chopped chives, grapefruit juice, chopped grapefruit, 2 tbsps of honey, salt and pepper. Mix everything together and leave to marinate whilst you prepare the rest of the recipe. Leave for at least 10 minutes so that the flavours mix together well.

2

In a blender (this can also be done manually), add all ingredients for the cream and blend until obtaining a smooth cream.

3

Serve in glasses by placing the avocado cream at the bottom and the marinated salmon on top. Decorate to taste, in our case we used chives and sesame seeds.

TIP: If you want to add an Asian touch, you can replace the olive oil for sesame oil and add a little coriander.



15 min.



Amateur



QUINOA, POMEGRANATE AND SWEET POTATO SALAD

For the **salad**:

- 400 g diced sweet potato roasted with oil, salt and black pepper
- 150 g pomegranate seeds
- 200 g boiled quinoa grains
- 50/60 g salad leaves
- 80 g feta cheese

For the **vinaigrette**:

- 1 tsp ground ginger
- 100 g orange juice
- 10 g apple vinegar
- 1/2 tsp of salt
- A pinch of ground black pepper

- 1** Boil the quinoa and roast the sweet potato.
- 2** Plate up with the salad ingredients.
- 3** For the vinaigrette, mix all ingredients together and dress the salad.



20 min.



Amateur



Vegetarian

CHEESECAKE GLASSES WITH SEASONAL FRUIT

- Seasonal fruits: kiwi, mango, tangerine
- Granola
- Yoghurt
- Cream cheese
- Sweetener to taste

- 1 Mix the cream cheese with the yoghurt and sweetener.
- 2 Assemble the glass, starting with the granola, then adding the mixture from the previous step and topping with the fruit.

Optional: You can decorate by adding toppings such as chocolate cream, caramel, cinnamon or nuts.



25 min.



Amateur



Vegetarian





JAPANESE **FRUITY** “SANDOFRUIT” SANDWICH

- Whipped cream
- Condensed milk
- Yoghurt
- Fruit to taste

- 1** Mix together the whipped cream and condensed milk for the filling. You can replace this with yoghurt.
- 2** Cut your favourite fruits and add them to the cream mixture.



10 min.



Amateur



Vegetarian



ORNGE AND MELON DETOX JUICE

- Melon
- Orange
- Honey
- Ice

- 1 Add some ice, some orange segments, some melon pieces and honey to taste in your blender.
- 2 Whisk all the ingredients together and strain the mixture to avoid lumps.
- 3 Pour the juice into a glass and enjoy!



10 min.



Amateur



Vegan

PUFF PASTRY WITH PASTRY CREAM AND FRUITS



For the **cake**:

- 1 sheet of puff pastry
- 7/8 strawberries
- a few blueberries
- 2/3 tangerines
- 2/3 kiwis
- 1 mango
- 1 beaten egg

For the **pastry cream**:

- 45g cornstarch
- 500 ml. milk
- 4 yolks
- 100g sugar
- 2 cinnamon stick
- 1 lemon zest

For the **glow**:

- Honey
- Mango jam

- 1** Heat the milk with the cinnamon and the lemon zest until it boils, remove from the heat and let rest for about 10 minutes with the lid on.

In a bowl, beat the yolks with the cornstarch and sugar and incorporate the milk little by little. Once the mixture is made, strain it and pour it into the saucepan with the milk. Heat while stirring over low heat until thickened. Once you get a consistent cream, remove from the saucepan and let cool in a bowl.
- 2**
- 3** Stretch the puff pastry and pierce the base with a fork, make the edges and paint it with beaten egg. Bake for 15 to 20 minutes at 170°C and let it cool.
- 4** Spread the cream and place the cut fruit in the shapes that you like the most and paint with the jam and honey or gelatin.



40 min.



Amateur



Vegetarian



FROZEN YOGURT BARK WITH **FRUIT**

- 3 yellow peaches, chopped
- A few cherries (10/15)
- Chocolate syrup to decorate
- 800 g of yogurt for the base
- 50 g of granola with nuts
- 2-4 g of your favorite sweetener (optional)

- 1** Mix the yogurt with a little syrup in a bowl.
- 2** Pour the mixture on a tray with baking paper at the base, place the fruits and granola on top and place it in the freezer for at least 6 hours.
- 3** Remove it from the freezer, wait for 10 minutes, cut and enjoy!



20 min.



Amateur



Vegetarian



TROPICAL SALAD WITH MANGO & AVOCADO

For the **salad**:

- 1 avocado
- 1/2 mango
- 100 gr quinoa
- 4 chicken tenders
- 50 gr feta cheese
- 60 gr young shoots

For the **vinaigrette**:

- 4 tbsp virgin olive oil
- 2 tbsp balsamic vinegar
- 2 tbsp honey
- 1 tbsp salt
- 1/2 tsp pepper

- 1** Grill the chicken and boil the quinoa.
- 2** Cut all the ingredients and put in your tupper.
- 3** For the vinaigrette mix all the ingredients.
- 4** Enjoy!



15 min.



Amateur



VEGAN WATERMELON AND AVOCADO CEVICHE

- 1/3 watermelon
- 1/2 avocado
- 1/2 red onion
- salt
- 1/2 lemon in juice
- 1/2 lime in juice
- 1 cilantro branch
- 2 jalapeño pepper

- 1** Cut the watermelon, avocado and onion into small pieces and put it in a bowl.
- 2** Add salt, lemon and lime juice, plenty of cilantro, and small pieces of jalapeños.
- 3** Mix everything and enjoy it with some delicious nachos or tacos.



10 min.



Amateur



Vegan

SALMON, CHEESE, AVOCADO AND MANGO ROLL

- 200 gr smoked salmon
- 1 avocado
- 1/2 mango
- 50 gr light cream cheese
- A few drops of squeezed lemon
- Spices to taste, in our case, a little dill and sesame.

- 1** Spread the salmon in sheets, one on top of the other, on a film sheet.
- 2** Place the well-spread cream cheese on top of the salmon base, the mashed avocado mixed with the lemon juice, and the chopped half mango.
- 3** Once everything is spread out over the salmon, close it in the shape of a curl, pressing well so that it becomes a compact cylinder.
- 4** Carefully remove the plastic wrap and add your favorite topping: caviar, sesame, dill... You can also cut the roll into several pieces to present it in a different way.



20 min.



Amateur



BURRITO BOWL WITH AVOCADO AND SWEET AND SOUR ORANGE SAUCE

- 1 avocado #Bollo
- 1 orange #Bollo
- 2 cans of tuna
- 1 can of corn
- 1 red onion
- 2 tomatoes
- 4 wheat pancakes
- Cooked basmati rice

For the sweet and sour orange **sauce**:

- 1 1/2 cup orange juice
- 3 tablespoons of ketchup
- 3 tablespoons soy sauce
- 3 tablespoons white wine
- 3 tablespoons sugar
- 2 cloves garlic
- 3 tablespoons cornstarch
- A pinch of chili (optional)
- Salt and pepper

- 1** Place the wheat pancake in a star-shaped bowl and heat in the microwave for 1.5 min. Let it cool.
- 2** Cut the onion, tomatoes, and orange into small cubes. For the avocado cut half an avocado into slices and mash the other half into a puree.
- 3** Assemble the burrito bowl, with a layer of boiled basmati rice as a base, and add all the ingredients to taste. Add some of the orange sweet and sour sauce
- 4** **Sweet and sour sauce:** in a saucepan over medium heat, combine the orange juice, wine, whole garlic and soy sauce, stirring gently. Reserve a small portion of the mixture to dilute the cornstarch. When the cornstarch is completely dissolved and free of lumps, add to the saucepan. Add sugar and continue stirring until dissolved. Add the ketchup and mix well and season to taste. Continue cooking until desired consistency is reached.



10 min.



Amateur



HEALTHY **FRUIT** GUMMIES

- 2 cups of fruit of your choice (you can use oranges, tangerines, watermelon, cantaloupe, etc.)
- 1/2 cup of water
- 1/4 cup of fresh lemon juice
- 1/4 cup of honey or agave syrup
- 4 packets of unflavored gelatin
- Coconut oil to grease the mold

- 1** Wash the fruit thoroughly and cut it into small pieces.
- 2** Place the fruit in a blender along with the water, fresh lemon juice, and honey or agave syrup, and blend until you get a smooth and homogeneous mixture.
- 3** Strain the fruit mixture through a sieve to remove seeds and large pieces.
- 4** In a small glass, mix the unflavored gelatin packets with 1/2 cup of cold water and let it sit for 5 minutes.
- 5** In a small saucepan, heat the fruit mixture over medium heat. Add the hydrated gelatin mixture and stir well until it completely dissolves.
- 6** Pour the gummy mixture into a mold previously greased with coconut oil.
- 7** Let the gummy mixture cool down, then place it in the refrigerator for at least 1 hour.



20 min.



Amateur



FRUTY RECIPE VIDEOS



Watermelon lolly with a white chocolate and orange coating.
[link to the recipe ►](#)



Anchovy toast with avocado and sun-dried tomatoes.
[link to the recipe ►](#)



Watermelon gintonic.
[link to the recipe ►](#)



Tangerine French toast.
[link to the recipe ►](#)



Persimmon and tangerine sorbet.
[link to the recipe ►](#)



Persimmon crumble.
[link to the recipe ►](#)



FRUTY RECIPE VIDEOS



Melon cake.
[link to the recipe ►](#)



Spicy rice with tangerine.
[link to the recipe ►](#)



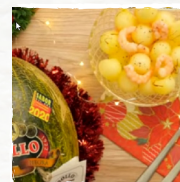
Watermelon and tomato carpaccio
with mozzarella and basil.
[link to the recipe ►](#)



Cheese and kiwi mousse.
[link to the recipe ►](#)



Melon with salmon.
[link to the recipe ►](#)



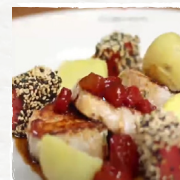
Melon with prawns and saffron.
[link to the recipe ►](#)



FRUTY RECIPE VIDEOS



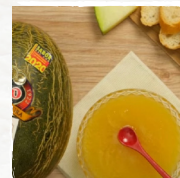
Salt-cured tuna with **melon**,
yoghurt cream and basil.
[link to the recipe ►](#)



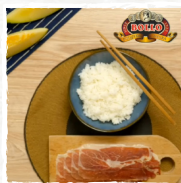
Pork loin with **watermelon**.
[link to the recipe ►](#)



Orange segment soup
with vanilla ice cream
[link to the recipe ►](#)



Melon jam.
[link to the recipe ►](#)



Melon and ham sushi.
[link to the recipe ►](#)



**THE ONLY THING LEFT TO
DO IS ENJOY THE BEST
FLAVOUR**

BOLLO