

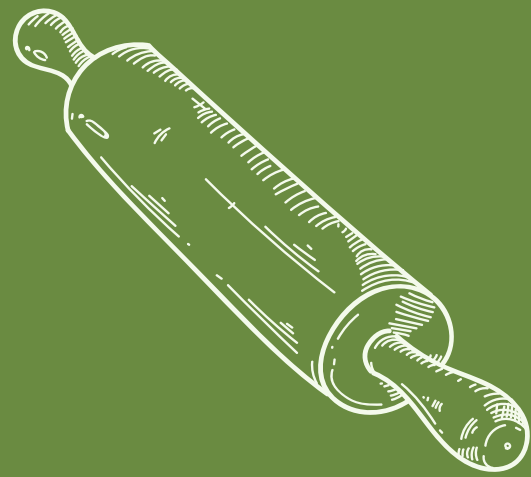
ERASMUS+ PROJECT "KIDS IN NATURE"



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# Cooking book

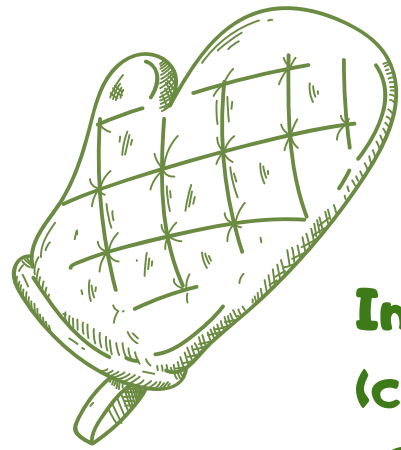




LATVIA



DAUGAVPILS VALSTSPILSĒTAS  
VIDUSSKOLA



# SWEET SALAD

## Ingredients:

(choose according to the number of eaters)

- Pears;
- Apples;
- Strawberries;
- Blueberries;
- Sugar.



1. Wash all fruits and berries.



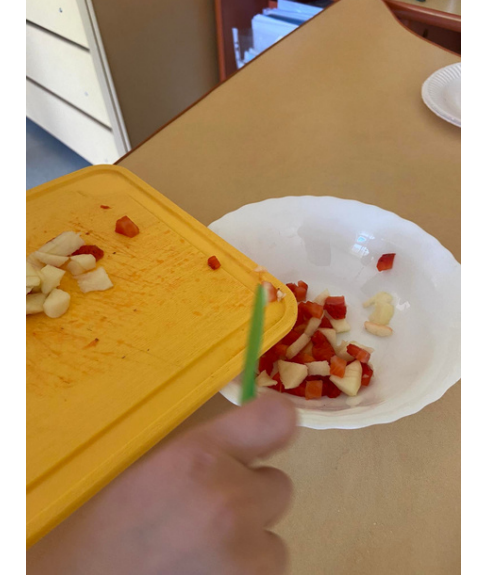
2. Carefully remove the peel and the leaves.



3. Cut fruits and berries into small pieces.



4. Pour all the sliced fruits and berries into one large bowl.



5. Mix all fruits and berries and add sugar and leave for 10 minutes.



6. The finished salad is beautifully arranged on a decorated plate.



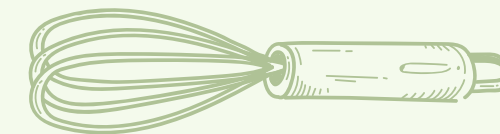
# HEALTH DRINK

## Ingredients:

- 1 rhubarb
- 2 cucumbers
- 2 carrots
- handful of greenery
- 1 tablespoon of honey
- 2 cups of water



## Second step - Cut all ingredients into small pieces



## Third step - add all the other ingredients and mix together in a blender

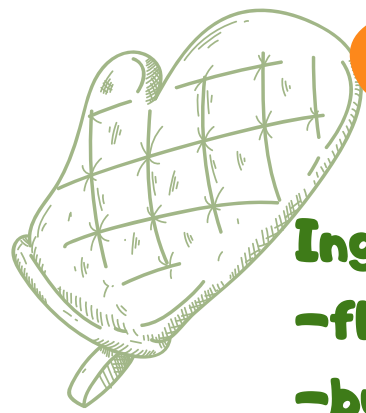


Enjoy your drink!



## First step - peel off rhubarb and carrot





# CARROT MUFFINS

## Ingredients:

- flour 1 glass
- butter 100g
- carrots 2
- sugar 1 glass
- egg
- baking powder
- cream 2 table spoons



4. Add a glass of grated carrots

5. Add 2 tablespoons of sour cream



6. Add a glass of flour and 2 teaspoons of baking powder



7. Mix everything and put in muffin forms

8. Bake at 180 degrees for about 20 minutes



1. Melt the butter



2. Mix in the sugar

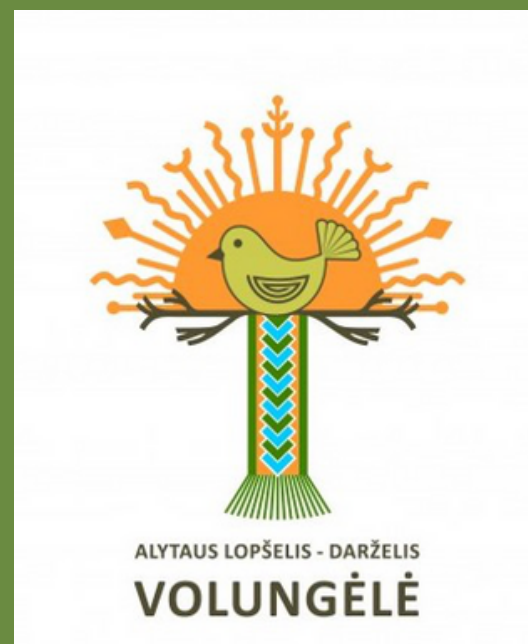


3. Add the egg



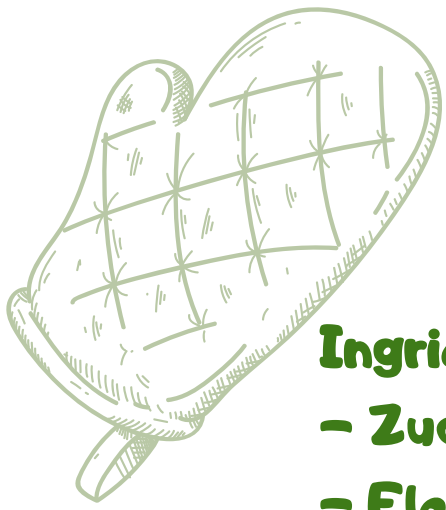


# LITHUANIA



Kindergarten "VOLUNGELE"

Alytus



# Zucchinni Waffles

## Ingredients:

- Zucchini
- Flour
- 2 Eggs
- Honey or brown sugar



## 1. Peel and grate the zucchini



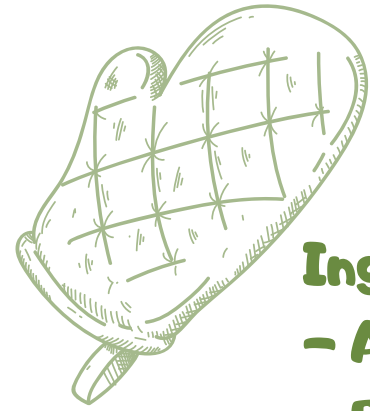
## 2. Mix in the eggs, flour and sugar



## 3. Pour the batter into the waffle maker and fry the waffle until it becomes golden brown in colour.



# Natural Juice



## Ingredients:

- Apple
- Banana
- Orange
- Carrot
- Pear



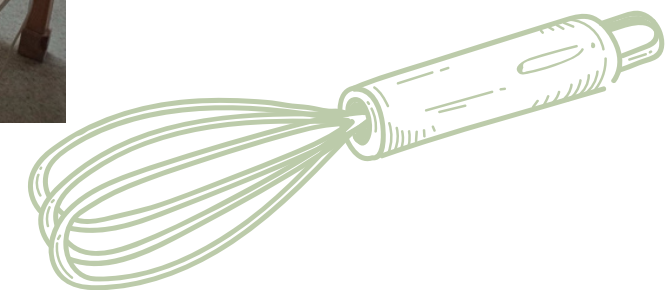
## 1. Wash and prepare fruits and vegetables



## 2. Slice and chop fruits and vegetables



## 3. Squeeze the juice and enjoy the healthy deliciousnes!





# Traditional buckwheat flour cake "BOBA"



## Ingredients:

- 250 g buckwheat flour
- 50 g buttermilk or milk
- 250 g sugar
- 5 eggs
- 250g butter/oil
- baking powder

### 1. Sift the flour



### 2. Mix the ingredients together one by one



### 3. Bake the cake at 180-200 C oven for about 40 minutes





# BULGARIA



Kindergarten 178  
"Srebarno kopitce"

# Shopska salad

## Ingredients:

- 2 cucumbers
- 2-3 tomatoes
- 1 pepper
- 1 onion
- 100-150g white cheese
- 1-2 tablespoons olive oil (optional)
- salt



**Cut all the products, add salt, stir  
and grate the cheese on top.**



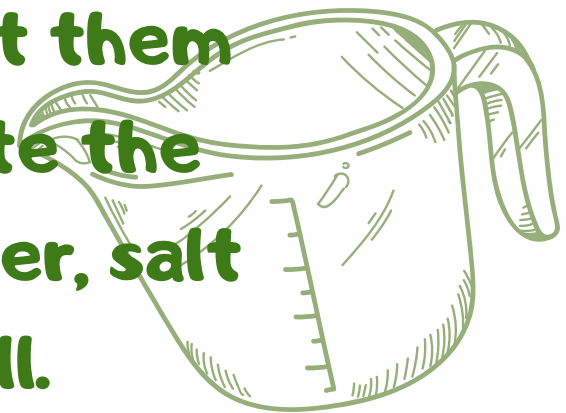
# Tarator (cold soup)

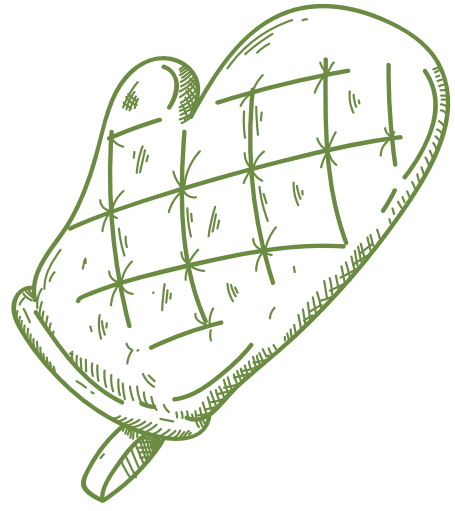
## Ingredients:

- 2 cucumbers
- 2 cups yogurt
- 2 cups water
- 2 cloves garlic
- 1-2 tablespoons olive oil (optional)
- dill, salt



**Grate the cucumbers or cut them into very small cubes. Grate the garlic, add the yoghurt, water, salt and stir. Finally add dill.**





# Fruit Salad

## Ingredients:

- 3 bananas
- 4 kiwis
- 5 apricots



**The fruits are cut and arranged in a certain way according to the imagination of the chef.**

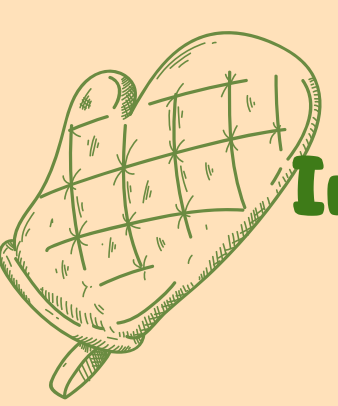




# ROMANIA



Kindergarten No. 1,  
Buzau, Romania



# BUZĂU PRETZELS

## Ingredients:

- flour
- water
- yeast
- sugar
- salt
- mac
- sesame



1. Mix flour with water, yeast and sugar and leave to ferment.



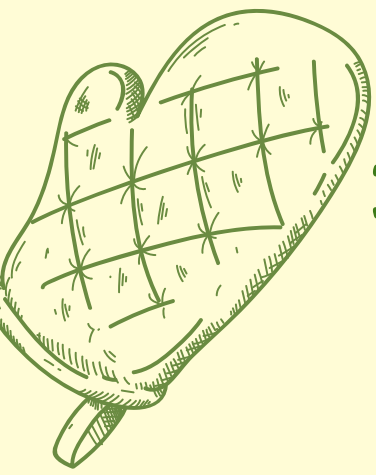
2. Pretzels are formed and carefully cooked



3. Sprinkle sesame seeds, poppy seeds, coarse salt and put in the oven until they turn golden.



# PICKLES



## Ingredients:

- carrot
- celery
- cauliflower
- pepper
- the goons
- peppercorns
- dill
- pickle salt
- water
- vinegar



1. Wash the vegetables and cut them into small pieces.



2. Put them in a jar and pour brine made with salt, water, then add pepper, dill, basil, vinegar. The jars are boiled to last the winter.

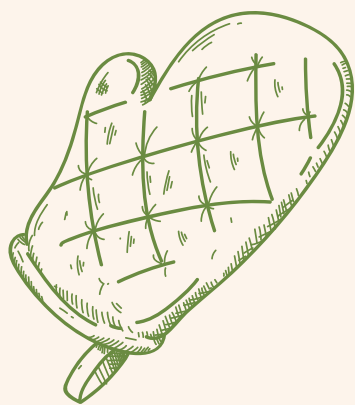




# FRUIT SALAD

## Ingredients:

- apples
- pear
- grapes
- quince
- plums
- nuts



Wash the fruit and cut it.



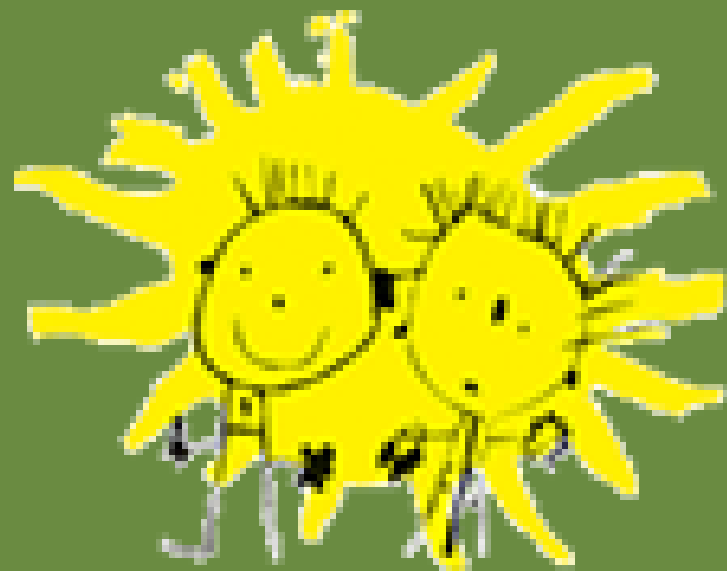
Mix in a bowl and enjoy fresh.

The fruit salad is delicious!





# SLOVENIA



šentvid  
šentvid

VRTEC ŠENTVID

Ljubljana



# FRUIT YOGHURT ICE CREAM

## Ingredients:

- yoghurt
- apricots
- bananas
- apples



1. Slice apricots, bananas and apples.



2. Add yoghurt.



3. Mix the ingredients with blender.



4. Put the mixturer in ice cream mold and leave it in the freezer overnight.



**TIP: For different taste use different fruit (strawberries, raspberries, blueberries ....) or fruit yoghurt.**



# PUMPKIN SOUP

## INGREDIENTS:

- pumpkin
- water
- salt



**1. Cut the pumpkin. Remove the seeds.**



**2. Cut the pumpkin into chunks.**



**3. Put it into a pot and add salted water. Cook it until pumpkin gets soft.**

**4. Use a stick blender to blend the mixture into a smooth soup.**

**5. You can add roasted pumpkin seeds, sour cream and croutons.**



# HEALTHY LEMONADE

## INGREDIENTS:

- herbs from the garden – mint and melissa
- 1 ginger
- 2 lemons
- 2 limes
- 1 l water



1. collect herbs from the garden and clean them



2. Cut the lemons and lime in half and juicie them



3. Peel the ginger and grate it



4. Put all the ingredients in a mug and add 1 liter of water



JUST MIX IT AND DRINK IT



# TURKEY



Kindergarten "Menekse Ahmet Yalcinkaya"  
Kirsehir



# PICKLE

## Ingredients:

- Cucumber
- Cabbage
- Carrot
- Garlic
- Tomatoes
- Pepper
- Vinegar



1. Wash all the vegetables and then chop them.



2. Put garlic in jars



3. Put all the vegetables in the jar and add vinegar to it



# BISCUIT CAKE

## YOU WILL NEED:

1 glass of milk

1 pack of biscuits

1 packet of margarine

1 handful of walnuts

1 pack of cocoa

1 packet of vanilla

Chocolate



The first step - cut the biscuits into small pieces, add the milk, walnuts, cocoa, margarine and vanilla.

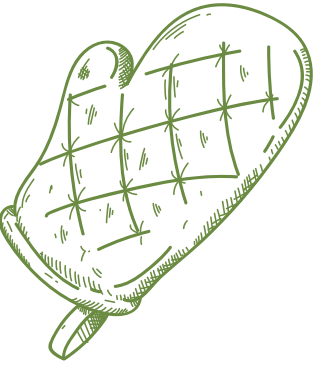


Second step - Knead all the ingredients, put them in the muffin tin. Put it in the refrigerator and wait for it to freeze



enjoy the cookie





# YOGURT

**Ingredient**  
- Milk  
- Yogurt yeast



**2. Take 2 tablespoons of yoghurt in a bowl and add warm milk on it and mix.**



**3. This warm mixture is added to the milk and combined**



**1. The milk is boiled and left until warm.**

**Enjoy your meal**

Thank you!  
Enjoy cooking!

KIDS IN NATURE



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