



ERASMUS

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**Stay In Touch
With Tradition**

**It's Easy To Be
Healthy**

**Are We What
We Eat?**

**Do You Want To
Live Long And
Happy Life?**

**Eating Consciously
THE SNACK ATTACK**

**Stay healthy on
the road**

It's easy to be healthy

These are some quick basic recipes that require simple ingredients but are quite filling and tasty! You can alter them to your liking and get as creative as you want. The possibilities are endless!

Banana pancakes

Ingredients:

basic

- 1 banana
- 2 eggs
- (double the proportion for a bigger portion)
- a pinch of salt

optional

- vanilla extract
- cinnamon
- 1 tsp baking powder - for fluffy pancakes
- frozen berries
- dark chocolate chips

Preparation:

1. Mash banana with fork.
2. Beat eggs lightly and mix with banana.
3. Add optional ingredients. Mix.
4. Stove on high heat. Put a bit of oil/butter on pan and wait for it to heat.
5. Stove on medium heat. Cook pancakes. Make them small(American style) so that they won't burn.
6. Serve with honey/peanut butter.



Overnight oats

This is another breakfast recipe that requires quick preparation the night before, so that you can just grab it and go in the morning.

Ingredients:

basic

- 1 part oats
- 2/3 parts greek yogurt
- 1/3 part milk
- 1 tsp honey to sweeten



optional

- vanilla extract
- cinnamon
- nuts(walnuts, cashew, almonds)
- seeds(pumpkin, sunflower, flax, chia)
- fresh fruit(banana, berries, apple)
- dried fruit(raisins, cranberries)



Preparation:

Just mix ingredients in bowl/jar and leave overnight in the fridge.

Buddha bowl

A lunch/dinner recipe that can be done a thousand ways! It requires a few basic components that you can mix and match. In the end you're always left with a balanced meal!



Ingredients:

- base - a type of grain(source of complex carbohydrates) - it could be brown rice, pasta, quinoa, (sweet) potatoes, millet, buckwheat
- greens - source of fiber and vitamins - spinach, lettuce, broccoli, kale, cauliflower
- vegetables - cooked however you like - beans, chickpeas, carrots, corn, cabbage, tomato, eggplant, mushrooms etc
- protein - fish, chicken, eggs, tofu, seitan, lentils, beans
- healthy fats - olives, nuts, seeds, tahini, nut butter, hummus, feta cheese, avocado
- dressing - olive oil+lemon+salt+honey, vinaigrette, Cesar, blue cheese, etc.

THE *Buddha Bowl* Blueprint

Sautéed
kale
chard
mushrooms

Cooked Grain
rice
quinoa
millet
buckwheat

Steamed or Blanched
beans
asparagus
snow peas
broccoli

Healthy Fats
olives
avocado
nuts
seeds

Grated or Shredded
carrot
cabbage
bitter salad leaves
fennel
beetroot
zucchini

*Bowls made from
comforting and
sustaining complex
carbs, whole plant-based
protein sources,
veggies with sweetness
and crunch, good fats,
zest and freshness.*

Roasted
sweet potato
carrot
cauliflower
parsnip
pumpkin

TAKE YOUR PICK

1/4 grain

1/2 green veggies

1/8 good fats

1/8 other veg

Protein
hummus
beans
falafel
bean patties
dahl

Crunch
salad greens
cucumber
sprouts
radish

Dressing
lemon juice
lime juice
orange juice
salad dressing

Fresh Herbs
basil
coriander
parsley
mint

Eating Consciously

THE SNACK ATTACK

In this times, almost nobody has time to eat as it would be healthy, recommended. I'm sure not even you, or me, or almost everybody.

Also, we are all depending on food that is prepared really fast, because we are all in a rush all the time. The fact that fast foods take control over our daily eating habit is because of our really busy life, we are in a constant rush, so we prefer to choose the fastest choice .

In this article, my purpose is to find the middle way, where we could eat really fast healthy food. And the answer to my question was SNACKS.

Snacks are the type of food that are prepared fast, and if we add the healthy part... we are the winners. So let me share with you a couple of my favourite recipes...

SUNFLOWER SEEDS PROTEIN BALL

This delicious recipe is very easy and it takes you just 15 minutes.

You will need:

- 1 very ripe banana, mashed
- ½ cup sunflower seed butter, such as sunbutter preferably organic
- ¼ cup honey or pure maple syrup, dark or amber
- 4 scoops unflavored whey protein powder
- 3 tablespoons coconut flour
- ½ teaspoon cinnamon
- pinch salt
- ½ cup toasted unsalted sunflower seeds
- ½ cup dried cranberries, preferably fruit juice sweetened



Combine banana, sun butter and honey or maple in a food processor fitted with a steel blade attachment. Process to combine. Add whey, coconut flour, cinnamon and salt and process until it forms a dense paste. Add sunflower seeds and cranberries and pulse until incorporated. Roll into 24 balls, about 1 ½ tablespoons each. Freeze in a re-sealable bag to 1 month. Defrost at room temperature before eating.

SAUTEED CINNAMON APPLES

I chose this recipe especially because it brings the Christmas spirit, and I love Christmas.



You will need:

- Coconut oil/ butter
- Cinnamon
- A dash of salt
- Vanilla
- A touch of maple syrup

Start making these cinnamon apples by placing diced apples into a non-stick fry pan and add water. Cover and cook until the apples are slightly soft.

Add the maple syrup, vanilla, salt and

cinnamon and stir until everything is evenly distributed. Cover and cook again, stirring occasionally.

Once the apples are soft, remove the lid and cook uncovered until all the ingredients caramelize onto the apples and they brown slightly.

ROASTED BANANA SMASH RECIPE



This recipe particularly reminds me of my childhood, my grandmother used to make me something similar.

You will need:

- 1 banana very riped

Everything starts with preheating the oven to **400** degrees F. After, peel the banana and place on parchment lined baking sheet, and smash the banana with a fork. The last step is roasting it in the preheated oven for 12 minutes, or until lightly golden on top, and that's all!



PEANUT BUTTER CELERY STICKS

This is the definition of tasty, believe me!

You will need:

- Peanut butter
- Celery

All you have to do is to cut in half the celery and the to fill it with peanut butter.

BROCCOLI CHEESE BITES



You will need:

- 16 ounces of cooked broccoli
- 1 cup of Italian bread crumbs
- 1 ½ cups of shredded cheese
- 3 eggs
- Salt, peppes and garlic to taste

Preheat your oven to 375 degrees. Thaw 16 ounces of broccoli (or cook fresh broccoli until soft), and chop into

small pieces. Combine your broccoli, 1 cup of Italian bread crumbs, 1-2 cups of cheese, 3 eggs, and the seasoning of your choice (I used about half a teaspoon of garlic salt) into a large bowl.

Mix together well with a spoon, or just go for it and use your hands.

Create small patties (the smaller, the crispier they get) and place them on a parchment paper lined baking sheet.

Bake in the oven at 375 degrees for 20-25 minutes (depending on how large you make your patties), and flip half way through.

Remove from the oven and let cool for a few minutes. Serve with ranch or your favorite dipping sauce

So, these are a part of my favourite recipes..... I like to call them my personal Snack Attack!!!!

If you like them too, just tell me and I will share more with you. Hope they will help you!

CROATIA : Bean stew

Eating on a spoon, at that time, was very careful to make it if not every couple of days, then at least once a week. Many practiced it on Fridays, and today we only cook it while we remember it. Which is a pity, because beans are nutritionally great food. The recipe is really nice and simple, and it smells and flavors back to grandmother's kitchen.



BULGARIA - Bulgarian meatballs

Minced meatballs with various spices added can be fried, baked, steamed or in sauce ... It is not known where they came from exactly, but they are widespread around the world and are prepared in a specific way in each country. Bulgarians call them kyufte, and meat are necessarily mixed with onions and soaked bread

GREEK – Musaka

Across the Mediterranean and the Balkans, there are numerous variations of musaka, and Greek is known for its fine layers of sauteed eggplant, minced meat in tomato sauce, onions, garlic and spices like cinnamon and pimento, and a thin line of potatoes topped with a soft layer of bechamel and cheese.



LITHUANIA - Potato-Meat Dumplings (Cepelinai)

Lithuanian potato-meat dumplings are known as zeppelins or cepelinai because of their shape. These are hearty and rich. While they do take some time to make, they are well worth the effort.

POLSKA - Bigos (Hunter's stew)

It is a very traditional Polish dish and its basic ingredients are shreds sauerkraut, fresh cabbage (sometimes used only sauerkraut), various types of meat and sausages, dried mushrooms, prunes, onions and spices.



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Do you want to live a long and happy life?



Becoming a healthier person isn't about making one big change that affects the rest of your life. It's about making lots of small decisions over the course of your entire life. Before making any changes to your diet or daily level of activity, talk with your health care professional. First you should choose your food group. Learn how you can get more veggies on your plate at mealtime but that's not all that you need to be a healthy person. First of all you need a good healthy life plan.

A healthy life plan is not just about the food movement is also very important.

Do not forget physical activity

Walking regularly is one of the easiest ways to stay in shape. It's a low impact exercise with lots of potential health benefits or if you have the time to do more serious sports that's even better.



Other aspects to a healthy life plan:

Don't forget to sleep

Another simple tip for a healthy life is to get a good night's sleep every day. For those with busy schedules this is easier said than done, but it's still a worthwhile goal.

It is not just about caring for your own body

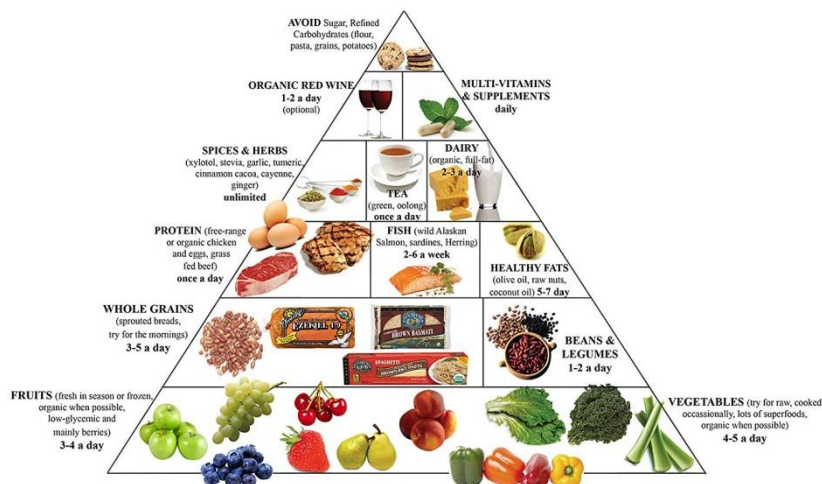
Mental health is just as important as physical health. But you don't need to play mind games or solve puzzles to improve your cognitive health – though those activities certainly help!

Choose a food group who fits you the best

It's hard to switch your entire diet overnight. One of our tips for a healthy life is to start out slow, pick a food group that has recently been left out of your diet. Perhaps you haven't been eating many fresh vegetables. If you are that person you should think about that change because vegetables are most important for the human body to get all the needed materials.

A good plan for healthy living will seriously improve your quality of life and it might also lower your risk for future illnesses such as other cancers and heart disease.

THE FOOD PYRAMID



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How To Stay Healthy On The Road

As young people who love exploring new cultures and visiting new places, we all know how difficult it could be to maintain healthy habits while travelling. Long hours spent at airports without an access to decent food, endless journeys by buses or trains, airline meals, choosing cheap fast food restaurants for a place to eat and litres of over sugared coffee to go are just a little part of the difficulties which we face. However, there are plenty of efficient ways to stay healthy on the road. Here are eight of them.



1. Pack snacks for your trip.

Packing a lot of snacks (fresh seasonal fruits, hard boiled eggs, cut vegetables, nuts, homemade sandwiches, yogurt etc.) is the key to keeping your diet regular while you're traveling. Staying ahead of hunger with these quick bites could help you make healthier food choices throughout the rest of the trip. That way you avoid eating way more than needed because you're ravenous when you sit down at the table.

2. Don't skip breakfast.

Try to have breakfast before you start a day on the road, whether you're traveling by plane, train, boat or car. That way, you won't have to resort to whatever breakfast foods the airport or train station is selling—which might not appeal to you or might not be that satisfying and healthy. Plus, a nutritious breakfast will keep you energized and sated so you will be able to start your trip with a smile on your face.



3. Pack a reusable water bottle.

Bringing a water bottle is a great way to guarantee that you are staying hydrated, without having to constantly buy plastic water bottles. As long as the water at your destination is drinkable

(be sure to check before you go), you can fill it up in nearby water fountains, bathroom sinks, or even ask servers at restaurants and coffee shops to do it for you.

4. Shop at a local grocery store

Look for a local grocery store or market that sells fresh products instead of relying on chain restaurants familiar from home. Before you book a hotel or an Airbnb, you could also check if there is a supermarket nearby. This way you can prepare a nice, healthy breakfast every single day.

5. Plan in advance

Plan out when you will eat so you can determine where you will be eating and what foods will be available to you. This can cut down on impulsive food decisions, which can often lead to poorer choices. Having a plan for meals can also ensure that you will not wait too long in between meals to eat, which can lead to excessive hunger and cravings.

6. Cook for yourself

Depending on your accommodations, you might or might not have access to a kitchen. Modern vacation rentals and many Airbnbs can set you up with all the kitchen amenities of home. This is usually the least expensive option compared to a normal hotel – by far! This means you can buy and cook your own food, which can save you a lot of money on a trip and lets you make better choices about what you eat.

7. Leftovers

When you feel full after eating in a restaurant but you still haven't finished your meal, ask for it to be wrapped up to take it with you. This way you save money, don't overeat and have something to eat later during the day. Another option is sharing meals with your travel buddy because as, we all know, sharing is caring.



If you want to enjoy your journey without the feeling of guiltiness afterwards because of gained weight and created unhealthy habits, these tips could surely help you. Follow them so you can enjoy your trip to the fullest.

Are We What We Eat?

According to an old famous saying, you are what you eat. Actually, you are what your parents, grandparents and all of your ancestors ate too. Every food choice we make or even every tool we choose to use during cooking process, is a pivotal step in human evolution.

It is proven that our diet can alter all of our cells -including the sperm and the egg cells-, so the changes are passed down to the next generation. Experiments on mice evidence that the fur, colour and weight of newborn mice depend on their mother's diet.

A diet full of sugar or fats can cause gene mutation to your offspring and increase the risk of some diseases, as diabetes or lactose intolerance. We should be aware that it can have positive consequences too. In instance, it is proven that parents who follow a diet rich in substances as omega-3, vitamin B12 or folic acid, are likely to give birth to a "super-baby", that has long lifespan and a lower risk of diabetes and metabolic syndromes.

Our bodies are constantly changing, so they can adapt to our new way of living. By the time people started to soften meat by cooking it, their teeth started to get smaller and in some cases the wisdom teeth do not form at all. Also because of the forks and knives usage, we do not consume our food in big and tough pieces anymore, so new generations' jaws are downsized and weaker. We have to be responsible for our choices. They do not affect only our lives, but next generations' lives too.



How healthy are you?

1. Pick the perfect breakfast:

- A. Fresh fruit, eggs, whole wheat toast, peanut butter.
- B. Just coffee. And water.
- C. Pancakes with lots of Nutella, powdered sugar and whipped cream.

2. How often do you work out?

- A. At least 4 times a week, doing sports is a hobby of mine.
- B. I make sure to move when I have the time, I take the stairs instead of the elevator, I walk instead of taking the bus, etc.
- C. All day, all night, it's called horizontal running, and you do it in your bed, with your eyes closed.

3. How much time does it take you to eat your lunch?

- A. At least an hour. I eat slowly and mindfully.
- B. 30 minutes, I don't have much time.
- C. 10 minutes, I just shove it and go.

4. What is the food that you order most frequently at restaurants?

- A. Salad, fish and an unsweetened drink.
- B. Burger with high quality meat, and often - dessert.
- C. McDonalds or KFC.

5. How much water do you drink per day?

- A. 2 liters or more.
- B. At least 1 liter, as much as I feel my body needs.
- C. I prefer my saliva.

6. Which food would you give up for the rest of your life?

- A. All processed snacks/desserts/cereals and added sugar.
- B. Chocolate.
- C. Broccoli, I hate it anyway.

7. What is always on your shopping list?

- A. Fresh fruit or vegetables that are on season.
- B. Bread.
- C. Chips and Coca-Cola.

8. How do you reheat your leftovers?

- A. I use sunshine.
- B. Oven or stove-top.
- C. Microwave.

9. You are stuck on a deserted island. Which food would you want at your disposal to ensure your survival?

- A. Salmon/some kind of fish and potatoes.
- B. I guess fruit?
- C. Unlimited chicken nuggets, and donuts.

10. If you were a food, which one would you be?

- A. Spinach. Because I am pure, green and fresh. I am glowing from the inside and my aura is overwhelming and bright.
- B. A homemade dessert - I am kind, sweet and nostalgic.
- C. Fried chicken, I'm spicy and yummy.

If you have mostly A's, you are: The God/Goddess of health, how do you keep it up? Your lifestyle seems perfect and there's nothing to change.

If you have mostly B's, your lifestyle is balanced, but you're lacking some knowledge. If you feel like it, you can research more about the details of a healthy lifestyle.

If you have mostly C's: You are extremely unhealthy and you need to introduce drastic changes to your habits, if you want to live a long and fulfilling life.

