



## Basis

- 1 large apple (approx. 180 g)
- 1 tbsp lemon juice
- 1 tbsp + 1 tsp maple syrup
- 1 teaspoon ground cinnamon
- 1 pinch of salt
- 180 ml milk (or soy milk)
- 40 g large oatmeal
- leaf
- 1 tbsp dried cranberries
- 1 tbsp almonds with skin

## Toppings

- Apple slices
- Fruit of your choice
- Almond slices

# APPLE - CINNAMON - PORRIDGE BOWL

Wash and quarter the apple, remove the core and peel the apple. Finely grate 1/4 of it, drizzle with lemon juice and set aside. Cut the rest into small cubes and mix with 1 tbsp maple syrup, 1 level teaspoon cinnamon and a pinch of salt. Bring the milk and 50 ml water to the boil in a saucepan. Stir in large leaf oat flakes, grated apple and a pinch of salt. Simmer everything over a low heat for 5 to 10 minutes, stirring occasionally. In the meantime, roughly chop the almonds and fold them into the cinnamon apples together with the cranberries. Remove the porridge from the heat, possibly stir in 1 - 2 tablespoons of milk and pour into the bowl. Top with the cinnamon apple mix and 1 teaspoon maple syrup. Decorate with apple slices and fruit of your choice if you like.



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## Basis

- 70 g quinoa
- 100 g canned chickpeas / glass
- 70 g red lentils
- 400 grams of Hokkaido pumpkin
- 1 teaspoon sesame seeds
- 2 tbsp olive oil
- 3 tbsp natural yogurt
- 2 teaspoons of tahini paste
- 1 squirt of lemon juice
- rosemary
- Paprika powder
- Salt and pepper

## Toppings

- Fig
- Thyme
- Beetroot

# PUMPKIN CHICKPEA BOWL

Preheat the oven to 180 degrees and cover a baking sheet with baking paper. Wash the Hokkaido pumpkin and cut into large pieces. Remove the inside with a tablespoon and cut the pumpkin into small cubes. Pour a tablespoon of olive oil over it and season everything with salt, pepper, rosemary and paprika powder. Place the pumpkin pieces on one half of the baking sheet. Drain the chickpeas and place them on the baking sheet as well. Boil the lentils in salted water for 15 minutes. Put the ingredients in the oven for approx. 25 minutes at 180 degrees. Wash the quinoa and prepare according to the instructions on the packet. As soon as all the ingredients are cooked, arrange all of the following ingredients side by side in the bowl: pumpkin, lentils, quinoa and chickpeas. Pour the tahini dressing over the bowl. Now sprinkle some sesame on top and the bowl is ready. Mix the yogurt with the tahini paste and a tablespoon of olive oil and season everything with the lemon juice, salt and pepper. Finally, top with beetroot slices, thyme and figs as desired and decorate.



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## Basis

- 2 tbsp coconut oil
- 1 onion
- 3 cloves of garlic
- 1 red bell pepper
- 250 g pumpkin  
(Hokkaido, butternut)
- 250 g sweet potatoes
- 500 ml of vegetable soup
- 120 g bulgur
- 1 tbsp harissa spice
- 200 g natural yoghurt  
3.5%
- 1 organic lemon
- Salt and pepper

## Toppings

- Toppings
- Coriander & mint
- Vegetable slices of your  
choice

# PUMPKIN SWEET POTATO BOWL

Wash and dice the bell pepper, pumpkin and sweet potato, peel and chop the onion and garlic cloves. Heat the coconut oil in a frying pan. Fry the onions and garlic in it until translucent. Add the remaining vegetables for 5 minutes and stir occasionally. Add the soup and harissa and bring to the boil. Turn down the temperature and cook the vegetables for 10 to 15 minutes until crisp. Season with salt and pepper and stir.

Mix the yoghurt with lemon juice, the pressed garlic clove, coriander and mint. Prepare the bulgur according to the instructions on the packet.

Serve the vegetables with the bulgur and yogurt sauce.



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