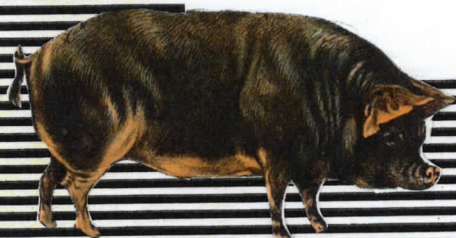


HEALTHY COOKBOOK



Finland, The Czech Republic, Germany,
Poland, Italy, Spain



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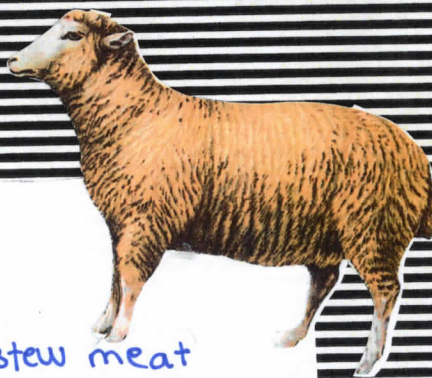


„Healthy EU“ 2016-1-FI01-KA201-022772

State:

Finland

Karelian
Stew



- 1 pound stew meat
- 1 tablespoon olive oil
- 2 large onions
- 1 teaspoon salt
- 2 teaspoons peppercorns
- 8 whole allspice
- 2 bay leaves
- 3 cups water

Procedure:

Ingredients:



1. Brown stew meat on all sides in olive oil over medium-high heat.

2. Place half of the sliced onions in the bottom of a slow cooker, cover with half of the meat, and sprinkle with half of the salt, peppercorns, allspice, and a bay leaf. Repeat the layers.

3. Pour in 2 cups water, cover slow cooker and allow to cook on low heat for 6 to 8 hours. Add up to the remaining 1 cup water if necessary as it cooks.



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State:

Finland

Yogurt,
muesli and
berries



For muesli:

8dl oats
1dl sunflower seeds
3-4dl nuts
1tsp salt
1tsp nutmeg
1,5tsp cardamom
3-5tsp cinnamon

~~1,5dl honey~~

1,5dl honey

5tbsp coconut oil

4tbsp peanut butter

+ Yogurt,
berries

Procedure:

Ingredients:



1. Mix the muesli ingredients in a bowl.
2. Put the honey and the coconut oil in a saucepan. Melt them and add the peanut butter in to the mixture. Mix the ~~nuts~~ ^{muesli} and the other mixture together.
3. Spread it evenly on a baking sheet and bake it in an oven for 20-30 minutes in 175 degrees.
4. Eat it with yogurt and berries.

Enjoy! 😊



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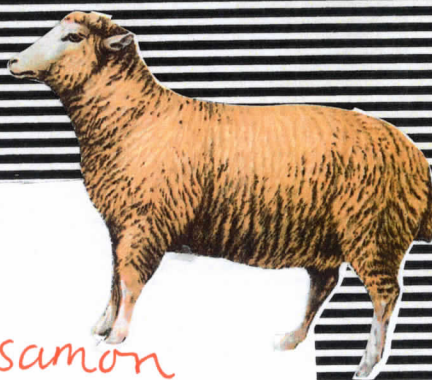
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State:

Finland

Salmon soup



Procedure:

Ingredients:

400g of salmon
1-1,5 l of water
2 fish stock cubes
1 onion
5 allspice
1-2 bay leaves
8 potatoes
2dl of cream



1. Bring the water and fish stock cubes to boil. Add the chopped onion, allspice and the bay leaves.

2. Peel the potatoes and slice them into cubes. Add the potatoes to the boiling water and cook them ~~for~~ for about 10 min.

3. Remove the skin of the salmon. Cut the salmon into about 2cm cubes and add the cubes to the boiling soup. Let it simmer until it's cooked. Add the cream and butter (2 tbsp). Sprinkle some dill and chives on top. Eat with a slice of rye bread and a glass ~~of~~ of milk.

Enjoy!



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State:

Finland

Chicken Salad

Procedure:

Ingredients:

Chicken
Lettuce
Tomatoes
Cucumber
Onion
Cheese
mayonaisse
lemon juice
mustard
salt
pepper

In a mixing bowl, toss together the chicken, lettuce, tomatoes, cucumber, onion and cheese. Set aside.

In a small bowl, whisk together the mayonaisse, lemon juice, mustard, salt and pepper to taste. Add to the chicken and mix gently until combined. Refrigerate until ready to serve.



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State:

Finland

Banana
pancake

1l milk
3 egg
2 bananas
1 dl sugar
5 dl flour
75-100g butter

Procedure:

Ingredients:

Firs smash bananas.

And then mix all
the ingredients together.

Let the dough swell half hour
Then lubricate the casserole
and put the dough to the
casserole.

Let it be in the oven half
hour in 225 °C



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State:

Finland

chicken
and rice



chicken
rice
food cream

Procedure:

Ingredients:



1. Boil the rice untill it's soft enough.
2. Fry the chicken with frying pan.
3. When the chicken is ripe,
add the food cream.
4. Later you can put the chicken
sauce in to saucepan, so it's
easier to serve up.

ready!



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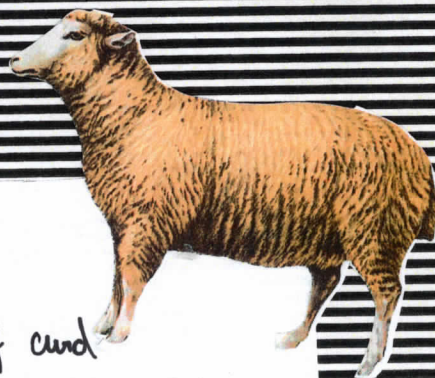
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State:

CZECH

Homemade
crud cheese
with fruit and
sponges



- 10 piece of crud
- minced sugar
- vanilla sugar
- 500ml of cream for whisking
- 1l of milk
- 2 packs of sponges
- 3 pineapples

Procedure:

Ingredients:



- 1) Whisk the cream, don't overwhisk!!!
- 2) Whisk the crud cheese with minced sugar (8 teaspoons, vanilla sugar, 1-2 dec of milk)
- 3) Add the whisked cream and mix slightly together
- 4) Cut the pineapple into slices
- 5) Make portions of mixture in bowls, add pineapple and sponges.



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State:

CZECH

TUNA
SPREAD WITH
CURD CHEESE
AND BREAD



- 8 curds
- 8 tins of tuna
- 1 mustard
- 3 onions
- 1 harbar sauce
- salt pepper
- 3 loafs of bread

Procedure:

Ingredients:



Peel the onion and cut it into tiny cubes, put it to the bowl and add other ingredients. Open a tuna tin, put the oil aside (you will add it at the end). Mix all ingredients. Give bread and make portions in bowls.



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State:

Czech
Republic

Egg omelet
filled with
stewed vegetable

Procedure:

Ingredients:

- 30 eggs
- 8 red peppers
- 7 onions
- 8 tomatoes
- 1 garlic
- 1 fish spices
- salt
- pepper
- 1 bottle of olive oil
- 1l milk

- 1) Clean the vegetables
- 2) Cut the peppers to 2 cm long slices, cut the tomato into 16 pieces, cut the garlic into slices, cut the onion into 16 pieces
- 3) Add 1 dcl of oil into a pot, add vegetables and fry shortly, add 200-300 ml of water, add spices and the stew, stir while cooking so that the mixture doesn't get burnt
- 4) Keep the mixture warm and crunchy
- 5) Beat 2 eggs, add salt and pepper, add a little milk and whisk
- 6) Prepare a pan, pour a little oil, if it is hot, pour whisky and eggs, fry from both sides
- 7) Put the omelet on the plate, fill it with the mixture and make 2 portions



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State:

Czech

DEVILLED LENTILS
WITH COOKED
SMOKED SHOULDER
MEAT, SWEET-BOUR
CORNICHONS AND BREAD



cornichons
3,5 kg of lentils

5 onions

1 sunflower oil

1 flour

salt

13 onions

1 vinegar

3 loaves of bread



Procedure:

Ingredients:



1) Put the lentils under water and clean it, add it to the pot, pour water and leave for 1-2 hour.

Process:

- 2) Cook until half-tender.
- 3) Peel the onion, cut it into small cubes and fry it until pink.
- 4) add flour and fry shortly.
- 5) add the fried onion and flour to lentils and cook for 20 minutes.
- 6) season with salt and vinegar.
- 7) Peel the rest of the onions, cut it into tiny cubes and fry until pink.

Shoulder meat:

- 1) Put the meat under water, add it to boiling water and cook it until tender.
- 2) Get rid of stitches.

3) Weigh the meat, divide the meat into portions and slice it.

4) Keep it warm, in oven.



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State:

Czech. R

QUICHE

Procedure:

Ingredients:

FOR THE PASTRY

175g plain flour

100g butter

1 egg

FOR THE FILLING

200g bacon

100g Gorgonzola cheese

2 shallots

200ml double cream

3 eggs, pinch ground nutmeg

1. Put the flour, butter and egg into a bowl and knead ingredients into a dough. Tip into a lightly floured surface and roll out as thinly as you can.

2. Line a fluted flan tin and using the rolling pin lay the pastry into the tin. Trim the edges with scissors so it is slightly above the tin level. Press the pastry into the flutes and lightly prick the base with a fork in a few places. Heat a small frying pan and tip in the lardons (bacon strips) with finely chopped shallots and fry for a few minutes. Cut the cheese into small cubes and scatter them together with the fried bacon over the pastry. Beat the sour cream and mix in the eggs with a pinch of nutmeg. Pour the mixture over the cheese and bacon in the tin. Preheat the oven to 190°C and bake for about 30 minutes or until golden. The quiche can be served fresh, baked or cold.



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State:

CZE

Caulash Soup

Procedure:

Ingredients:

• minced pepper

• 900g of minced meat

• 2kg of potatoes

• 4,2 l water

• salt

• 5 onions

• 1 garlic

• minced paprika

• 1 Maggi

• 1 sunflower oil

• cumin

• marjoram

Process:

- 1) Peel onion and cut it into tiny cubes
- 2) Clean the potatoes, cut it into small cubes, and boil it in salty water until tender
- 3) Heat oil in a pot, add cubed onion and fry slowly until it changes its colour
- 4) Add minced meat and minced pepper, fry slowly and pour water
- 5) Peel the garlic, press it, and add it to the pot
- 6) Add marjoram, salt, pepper add it to the pot cook until half-tender
- 7) Pour the oil to another pot, add flour and while stirring fry it until pink (the roux)
- 8) Add the roux to the pot with meat and mix constantly
- 9) Add the potatoes with water
- 10) cook it together, add salt/pepper if necessary



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State:

Germany

Breakfast:

Green Smoothie

for 4
servings

2 apples
1 banana
125g green salad
lemon juice
250mL water

Procedure:

Ingredients:

1. Wash the fruits.
2. Cut the fruits into smaller pieces.
3. Put everything in a smoothie maker or hand-blender and mix it together.
4. Fill in a glass and enjoy.



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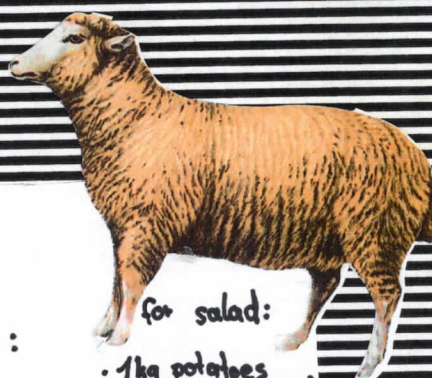
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State:

Germany

Schnitzel with potato salad



for salad:

for Schnitzel:

- 500g pork
- 1 egg
- breadcrumbs
- butter
- salt and pepper
- paprika
- lemon slices

- 1kg potatoes
(cooked and peeled)
- 120g mayonnaise
- 150g yogurt
- 3tbsp. mustard
- 2 pickles
- 4 cooked eggs
- 2 onions
- salt and pepper

Procedure:

Ingredients:

Schnitzel:

1. clean the meat and cut it into slices
2. crack the egg and put it on a plate, put the breadcrumbs on another plate
3. Put slices of meat in the egg and then coat with the breadcrumbs

4. Fry the slices of meat in a hot pan with butter until they are brown (both sides). Season to taste with salt, pepper and paprika

5. Put one or two lemon slices to each "Schnitzel"

Potato salad:

1. Mix mayonnaise, yogurt, mustard.
2. Cut the potatoes into slices and the onion, the eggs and the pickles into small cubes and put all together into the sauce.
3. Season to taste with salt and pepper.



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State:

Germany

Breakfast :

Rolls with Toppings

for 4 servings:

- 8 rolls
- butter
- cheese
- cold cuts
- marmalade
- orange juice
- milk
- scrambled eggs
- vegetables

Procedure:

Ingredients:

- Set the table. Use a basket for the rolls and a plate for the cheese and cold cuts. Cut the vegetables and put them on another plate
- Whisk the eggs and the milk in a bowl and season to taste with salt and pepper. Pour the mixture into a pan and stir until it is thickened
- Serve the scrambled eggs with the vegetables, rolls, cheese, sausage, marmalade, orange juice and milk on the table



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State:

Germany

Salad with Chicken and Fruits

4 -
Servings

- 400g chicken filet
- 200g lettuce
- 2 peaches
- 1 red bell pepper
- 200g grapes
- 80g peeled hazelnuts
- 6 tbsp. olive oil
- 60g raspberries
- 1 tbsp. honey
- 2 tbsp. raspberry vinegar
- Salt and Pepper

Procedure:

Ingredients:

1. Wash the salad, the peaches, the pepper and the grapes and dry them. Halve the peaches, pull out the core and cut them into wedges. Halve the pepper, pull out the white inner surface and cut it into small cubes. Cut the grapes into halves.

2. Mix the nuts and fry them in a hot pan without any add-on. Then take them out of the pan and lay them aside.

3. Wash the chicken filet, dry it and cut into strips. Then roast it in a pan with the nuts and 2 tbsp. olive oil. Put Salt and pepper on it.

4. For the dressing clean the raspberries and purée them with the honey and the vinegar. Then mix the purée with oil and season to taste it with salt and pepper.

5. Mix the salad with the fruits, the nuts, the chicken and the bell pepper. Put everything on a plate and pour some dressing on it.



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State:

Germany

Vegetable Fingers with Dip



1 cucumber
1 red bell pepper
2 kohlrabi
4 carrots
500g curd
spring herbs

Procedure:

Ingredients:



1. Wash, peel and cut the vegetable into sticks.

2. Put the curd in a bowl and mix it with the spring herbs.



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State:

Germany

Strammer
Max



- 4 slices of brown bread
- 4 slices of ham (cooked or raw)
- 4 eggs
- butter
- salt and pepper
- 1/2 bunch of chives

Procedure:

Ingredients:



1. Spread the bread slices with butter and put ham on them.
2. Fry the eggs and season to taste them with salt and pepper.
3. Put the fried eggs on top of the ham.
4. Wash the chives, dry them, chop and sprinkle them on top of the eggs.



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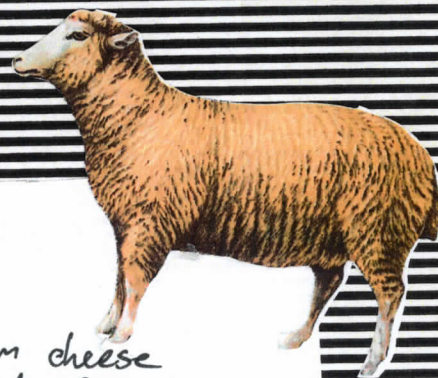


State:

Poland

Vanilla
pancakes

With Strawberries



- vanilla cream cheese homogenized - 200g
- Grahm wheat flour (1850) 1 glass
- one egg
- Rapeseed oil - spoon + to grease the pan
- baking soda 1 1/2 teaspoon
- Strawberries - a few - a dozen or so pieces

Procedure:

Ingredients:



Ingredients for the dough (except

Strawberries) mix with each other.

Next Put the dough on a pre-warmed and oil-lubricated grease pan forming small pancakes (leave the space because the pancakes will grow) After putting the dough on top, lightly arrange the cut strawberries.

Fry pancakes until they are blushing on both sides.



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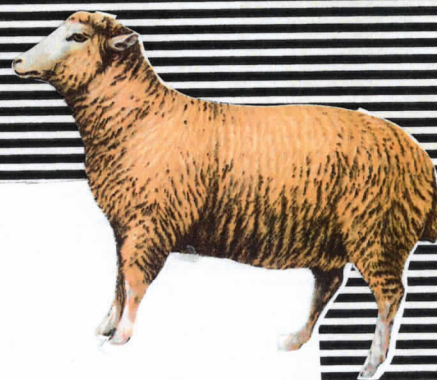
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State:

Poland

Scramble eggs



5 eggs

1 onion

some butter / oil

Procedure:

Ingredients:



Peel the onion.

then chop it.

Heat the butter / oil on a frying pan.

Put the onion on the frying pan and fry it for about 3 minutes.

Break the eggs and add it to onion.

Stir in the mass. fry it for about 2 minutes

Serve with bread



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State:

Spain.

Breakfast cereal
shake.



1 Banana
2 cups of chilled
skim milk.

5 spoonfuls of
cheerios or any other
non-sugary cereal.

2 scoops of
natural honey.

Procedure:

Ingredients:



1) Combine all the ingredients in
a blender.

2) Blend them for about 3 minutes
or until no chunks are visible.



State:

ITALY

SPAGHETTI (with Tomato Sauce)



- 750 g PERINI SPAGHETTI
- 320 g
- GARLIC
- BASILIC
- EVO
- SALT

Procedure:

Ingredients:



• Spaghetti with Tomato Sauce is a typical Italian dish, very easy and quick to prepare.

PREPARATION

First, we need to cut in pieces the 'perini' tomatoes and squeeze them to remove seeds and water in order to prepare a more consistent sauce. Then we have to warm in a sauté pan olive oil and a clove of garlic, possibly minced to give its flavor to the sauce.

Stir the sauce every 3 min. Cook for 10 minutes without lid and then 15 with the lid. Then use the vegetable mill to remove the skins of the tomatoes.

After preparing the sauce, put the water in a pot and when it boils add the salt and then put SPAGHETTI IN THE BOILING WATER. HEAT THE SAUCE IN A LARGE PAN WITH OIL. WHEN THE OILS BEGIN TO FRY, TURN OFF THE HEAT AND POUR THE PREVIOUSLY DRAINED SPAGHETTI. STIR-FRY AND SERVE IMMEDIATELY, ADDING



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State:

Spain

Natillas

Procedure:

Ingredients:

570 ml whole milk
55 ml of single cream
1 vanilla pod
4 eggs, yolks only
30 g caster sugar
2 tablespoons sugar

- 1) Bring the milk, cream and vanilla pod to simmering point slowly over a low heat
- 2) Remove the vanilla pod (wash the vanilla pod, dry and store in jar with caster sugar to make vanilla sugar)
- 3) Whisk the yolks, sugar and cornflour together in a bowl until well blended
- 4) Pour the hot milk and cream on to the eggs and sugar, whisking all the time with a balloon whisk
- 5) Return to the pan, (add vanilla extract if using) and over a low heat gently stir with a wooden spatula until thickened
- 6) Pour the custard into a jug and serve at once
- 7) To keep hot, stand the jug in a pan of hot water and cover the top with cling film to prevent skin forming.



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State:

Spain.

Vegetable Soup



3 Onion
2 Carrots
1 Pumpkin
leek
Celery
white cabbage
Turnip
Potato

Garlic gloves
Salt
Olive oil

Procedure:

Ingredients:



- 1) The vegetables are washed and cut as desired
- 2) Add oil in a pot and add the cut minced
- 3) Add the vegetables that were previously fried and cover them well with water and let them cook over medium heat for a half an hour
- 4) It is ready if the vegetables are well cooked. Add a little salt and your soup would be ready.



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State:

Spain

Gazpacho

Procedure:

Ingredients:

1kg of red tomato
1 garlic clove
1/2 an onion
1 green pepper
1 cucumber
1/4 teaspoon cumin
3 tablespoons vinegar
1/2 tablespoon salt
1 cup olive oil
1 piece of bread

- 1) Rinse well the tomatoes, remove the stems & dice them in 4-5 pieces each.
- 2) Peel the garlic clove
- 3) Peel the onion & chop in 3-4 pieces
- 4) Rinse the pepper & chop coarsely
- 5) Peel the cucumber
- 6) Place the piece of bread in a bowl with water in order to soak it. Once soaked, squeeze it as much as you can, until you get almost all of the water off the bread.
- 7) In a good food processor put the tomatoes, garlic, onion, pepper, cucumber, bread & rest of the ingredients. Blend until the minimum little piece is noticed. Put the mixture in a bottle / bowl & leave to chill.



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State:

ITALY

CIAMBELLONE
ALL' AÇAÇA

for 8 people

350 ml of water
350 g flour
200 g sugar
80 ml sunflower seed oil
zest of lemon or organic orange
1 sachet of baking powder
for cakes

Procedure:

Ingredients:

- Mix in a bowl flour, sugar, lemon zest (or orange) and baking powder;
- Mix with a hand whisk, in another bowl, warm water and seed oil;
- Make a hole in the center of the content of the first bowl, add water and oil and mix with a whisk or electric mixer until to obtain a homogeneous mixture;
- Pour the mixture into an oiled and floured 25 cm diameter domed mold;
- Bake the cake at 180° for 45 minutes about;
- Remove the cake from the mould and add the icing sugar.



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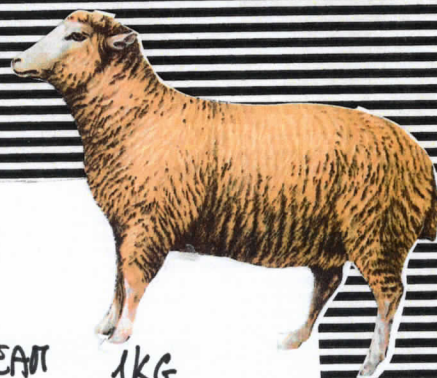
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State:

ITALY

ORATA
AL SALE



SEA BREAM 1KG

COARSE SALT 2KG

THYME 1 SPRIG

LEMON 4 SLICES

Procedure:

Ingredients:



TAKE AN OVEN PAN, PUT ON BOTTOM A
COARSE SALT LAYER. EVISCERATE AND

FLAKE THE SEA BREAM. THEN WASH IT, DRY IT AND
LAY IT ON THE SALT, INSERTING THE SPRIG THYME AND
SLICES LEMON IN THE STOMACH.

COVER THE FISH WITH COARSE SALT AND BAKE AT 250°C
FOR 30 MINUTES. THE BREAM WILL BE COOKED WHEN
THE SALT WILL BECOME A HARD AND COMPACT CRUST.

REMOVE THE PAN FROM THE OVEN, REMOVE THE
SALT AND SERVE THE FISH THE TABLE.



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State:

ITALY

TURKEY
WITH BAKED
POTATOES
(tacchino con
patate al forno)



Procedure:

Ingredients:

- 500 g turkey nuggets
- 700 g potatoes
- Mixed flavourings: sage, rosemary, bay
- 30 ml white wine
- Extra virgin olive oil
- Salt
- Pepper



Peel, wash and dice potatoes. Wash the turkey and remove possible little bones. Meanwhile, preheat the oven for 10 minutes to 180 degrees. Put potatoes, turkey, white wine, minced flavourings, salt, pepper and extra virgin olive oil in a rectangular mould and then amalgamate the whole carefully. Bake the turkey with potatoes and let it cook for 40 minutes. Be careful not to let potatoes overcook. Check the cooking with a fork and switch off the oven when the turkey and potatoes are baked. Now you can serve the warm turkey with potatoes.



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State:

ITALY

INSALATA CAPRESE

Procedure:

Ingredients:

- TOMATOES
- BASIL
- ORÉGANO
- MOZZARELLA
- EXTRA VIRGIN OLIVE OIL
- SALT
- PEPPER

WASH THE TOMATOES, REMOVE THE STEM AND CUT THEM IN SLICES AND DICE. DRAIN THE MOZZARELLA AND CUT IT IN SLICES AND DICE. WASH THE BASIL AT THE END OF THE PREPARATION, DRAIN IT AND REMOVE THE LEAVES FROM THE STEMS. PUT THE TOMATOES AND THE MOZZARELLA ON A TRAY OR ON A PLATE AND PUT ON SOME PIECES OF BASIL. FLAVOR THE PREPARATION WITH SALT, PEPPER AND ALSO WITH SOME ORÉGANO, FINALLY SEASON IT WITH EXTRA VIRGIN OLIVE OIL.



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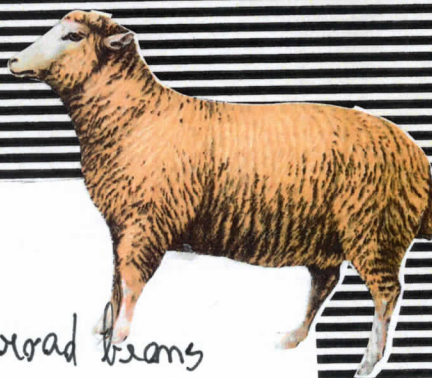
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State:

ITALY

BROAD
BEANS
AND WILD
CHICORY



400 gr of broad beans

1 kg of chicory

3 bay leaves

Water

Salt

Extra virgin olive oil

Procedure:

Ingredients:



First of all, leave the broad beans in a container with water for 12 hours, then remove the water, wash and cook them with water and bay leaves. Cover the pot with a lid and cook ~~them with~~ the broad beans with low heat for about 2 hours and remove the lather. Meanwhile wash the chicory, let it dry off and remove the white root and ruined leaves; put the chicory in hot water with salt and let it cook. After cooking, dry off and put them in a bowl. When the broad beans will be supple and cooked, squash and blend them with a ladle making a purée, then add the salt. In the end put the chicory on the side of a dish and the broad beans on the other side, add extra virgin olive oil and serve the dish with a ~~slice~~ slice of bread



Enjoy your meal !!



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State:

Poloska

Pizza.

Procedure:



Ingredients:

1 cup of warm water
3 1/2 cups of flour
2 table spoons of olive
2 teaspoons of sugar.
1 teaspoon of salt.

1 teaspoon of yeast
Method:

Put a warm water into a bowl. Add salt and sugar and mix with a spoon. Add yeast, mix and let it sit for about 10 minutes. Add flour and olive oil and start mixing.

Let it sit for about an hour.

Put on some tomato sauce.

Put on your pizza topping I have green peppers, mushrooms, hot dog, cheese, salt and pepper. Bake the pizza in your oven at 200 °C for about 20-25 minutes.

For appetit.



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State:

Poland

meatballs with fennel and balsamic beans

Procedure:

Ingredients:

400g lean beef steak minced, 2 tsp dried oregano
1 large egg, 8 garlic cloves, 1 finely grated
the other dried, 1-2 tbsp rapeseed oil
1 fennel bulb, finely chopped fennel reserved
2 carrots, finely chopped, 500g canned passata
1/2 cup balsamic vinegar, 600ml red-wine
vegetable broth for the sausage meatballs
1 tsp rapeseed oil, 1-2 large carrots
350g frozen soy beans

1. put the mince, oregano, egg and grated garlic
in a bowl and mix in some black pepper.
Mix together thoroughly and roll into 16 balls.

2 Heat the oil in a large sauce pan over a medium-high heat
add the meatballs and fry, turning the ones over the pan until
they brown all over

3 tip in the passata, fennel vinegar and fennel, then add the reserved
the meatballs to the pan, cover and cook gently for 20-25 min

4 meanwhile, heat the 1/2 cup oil in a non-stick pan and stir-fry the
carrots with the beans to heat through and soften. Serve with the meatballs
and scatter with soy fennel dressing

PDW
pozdrowienia do wigilii
masz mi miu wile wdz



pozdrowienia do
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State:

Poland

Chops
with
red chard



- 450g of ground meat from chicken
- 1 cup dry millet groat
- 2 young beets bunch of red chard
- 1 egg
- 2 cloves of garlic pepper

Procedure:

Ingredients:



Salt rapeseed oil method of preparing
Millet groat rinse with hot water and cook
in 2 and $\frac{3}{4}$ glasses of water. Beat grated
beets. Cut the red chard. Mix all the ingredients and
season to taste. Shape the cutlets and spread on a
baking tray lined with baking paper. Before you put
the chops on the paper, brush with oil. Cut the chops
from the top as well. Bake for 30 minutes at 200°C ,
then set the hot air and bake for 15 minutes.

L&M



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State:

Poland

Granola

Granola

Procedure:

Ingredients:

2 tablespoons of coconut oil and
sugar-free
syrup
1 cup of raisins
1 glass of oatmeal
1 glass of buckwheat flakes
0.5 glasses of almonds
0.5 glasses of sunflower seeds
0.5 glass of sesame, coconut flakes
0.5 teaspoon of linseed oil and 0.25
of fenugreek a pinch of salt
2 flat spoons of cocoa, 2 flat

1. Mix the dry ingredients.

2. Add ^{the} orange juice, coconut oil and
liquid sweetener, and then mix everything again.

3. Lay out the baking tray with baking paper.

4. Bake at 150 degrees for 25-30 min.

5. Mix thoroughly every 5-10 minutes, so that all
the beans are baked evenly.

6. Set it cool.

7. Add selected dried fruit.

You can eat it for breakfast, for example,
by pouring granola with cold or warm
vegetable milk, yogurt or fruit sauce



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