

# APPLE ENERGY MOJITO

ALCOHOL-FREE

## INGREDIENTS FOR 4 GLASSES

12 sprigs of mint (e.g., apple mint)  
2 limes  
12 cl apple juice  
1 tbsp elderflower syrup  
50 cl Energy Drink e.g. Red Bull  
8 apple slices  
Crushed ice

INSPIRED BY

VIVIDEYE™  
MINTYBRIGHT™ NU

## PREPARATION

Pick the leaves from 8 sprigs of mint and set aside the remaining sprigs for decoration.

Place the mint leaves in a large glass. Quarter the lime halves, then add the lime pieces to the glass. Use a muddler (or the handle of a wooden spoon) to firmly crush the lime and mint together, releasing their flavors.

Fill the glass halfway with crushed ice. Pour in the apple juice, Energy Drink and elderflower syrup. Stir briefly with a spoon.

Add apple slices and the reserved mint sprigs for garnish.





## CRESS PESTO ON TOAST OR PUMPERNICKEL

### INGREDIENTS FOR 4 PEOPLE

40g cress sprouts  
40g walnut kernels (coarsely chopped, toasted)  
3 tbsp water  
75 ml olive oil  
4 slices of toast or pumpernickel, quartered  
150g cream cheese  
A small amount of cress sprouts, for garnish  
A pinch of fleur de sel  
Salt and pepper, as needed

INSPIRED BY  
DEPOLLUPHANE

### PREPARATION

Blend the cress sprouts and walnuts with water and olive oil until smooth. Season with salt and pepper to taste.

In a dry pan, toast the slices of toast or pumpernickel until golden brown.

Spread a layer of cream cheese on each piece of toast or pumpernickel, then add a layer of the cress pesto.

Sprinkle with fresh cress sprouts and a pinch of fleur de sel.



## TOMATO BASIL SOUP

## INGREDIENTS FOR 4 PEOPLE

1kg ripe tomatoes  
1 onion  
2 cloves garlic  
2 tbsp olive oil  
500ml vegetable broth  
Salt and pepper to taste  
A pinch of sugar  
A handful of fresh basil leaves  
Optional: 100ml heavy cream or crème fraîche

INSPIRED BY  
**ROOTBIOTEC™ HW**

## PREPARATION

Briefly place the tomatoes in boiling water, then transfer them to cold water to stop the cooking process. Peel the skins off and roughly chop the tomatoes.

Peel and chop the onion and garlic. Heat the olive oil in a pot and sauté the onion and garlic until translucent.

Add the chopped tomatoes to the pot and sauté briefly. Then pour in the vegetable broth and let the mixture simmer for 20 minutes.

Season with salt, pepper, and a pinch of sugar. Roughly chop the basil leaves and add them to the soup.

Use an immersion blender to purée the soup until smooth.

Stir in heavy cream or crème fraîche for a creamier texture, if desired. Ladle the soup into bowls and garnish with fresh basil leaves.



## LEMON-TIMUT POLENTA

WITH SAUTÉED MUSHROOMS

### INGREDIENTS FOR 4 PEOPLE

200g polenta (cornmeal)  
800ml vegetable broth  
50g grated Parmesan cheese  
2 tbsp butter  
1 tsp lemon zest, finely grated  
1.5 tsp Timut pepper, freshly ground  
250g mixed mushrooms (e.g., button mushrooms)  
2 tbsp olive oil  
1 garlic clove, finely chopped  
Salt and pepper to taste  
Fresh parsley, chopped

INSPIRED BY  
TIMOOD™  
PHYTOSPHERIX™

### PREPARATION

Bring the vegetable broth to boil. Stir in the polenta and reduce the heat. Cook for 20–25 minutes, stirring occasionally, until the mixture becomes creamy. Stir in the Parmesan, butter, lemon zest, and Timut pepper, then season with salt to taste.

Clean the mushrooms and slice them. Heat the olive oil in a pan, then sauté the mushrooms and garlic until golden brown. Season with Timut pepper and salt.

Divide the polenta onto plates, top with the sautéed mushrooms, and garnish with fresh parsley. Serve immediately.

This dish is perfect as a main course or side dish.

## MANDARIN DESSERT IN A JAR



INSPIRED BY

CALMANDRIN™

## INGREDIENTS FOR 4 PEOPLE

- 1 cup of whipped cream (250 g)
- 1 pack of vanilla sugar
- 1 pinch of salt
- 250 g low-fat quark
- 50 g sugar
- 1 can of mandarins (approx. 175 g drained weight)
- 4 dessert glasses for serving

## PREPARATION

Beat the cream with vanilla sugar and a pinch of salt until stiff peaks form.

In a separate bowl, mix the low-fat quark with sugar until creamy. Then gently fold in the whipped cream.

Drain the mandarin oranges, setting a few segments aside for decoration.

In each glass, layer the dessert as follows: start with a layer of the quark cream, add a layer of mandarins, then another layer of quark cream.

Finish each dessert by placing 3–4 mandarin segments on top for decoration.