

toast with avocado

INGREDIENTS:

One avocado, six cherry tomatoes, two whole wheat toasts, three oranges, oil, salt and pepper.

PROCESS:

We prepare the ingredients, wash them and place them to start preparing.

First step: we take out the avocados, clean them and cut them in half and remove the bone, with a spoon we remove the avocado and put it on a plate to grind it until it is like a paste. We take another avocado, we do the same process but without crushing it, we cut it into slices.

Second step: We take two whole wheat toasts and put them in the toaster to toast them.

Third step: Take a pan, put it on the fire with a little oil, then cut the cherry tomatoes and place them in the pan. When they are ready we take them out and put them next to the toast.

Fourth step

When they are done we put them on a separate plate.

Fifth step: Spread the avocado on the toast and place the avocado slices on top of the crushed avocado, and on top we put the fried the cherry tomatoes on the side. Finally we put salt, pepper, a little oil on top and a little oregano.



Orange juice

INGREDIENTS:

Four oranges and (sugar)

PROCESS:

First step:

We wash our hands and oranges.

Second step:

We cut the oranges into two slices and squeeze them in the juicer.

Third step:

We take a glass and make the orange juice in it.





Yogurt with wild fruits

INGREDIENTS

Greek yogurt, wild fruits (strawberries, raspberries, blueberries, cherries and blackberries), strawberry syrup and mint.

PROCESS

First step:

We take a deep bowl and add the Greek yogurt.

Second step:

We wash the nuts and place them on top of the yogurt.

Third step:

Take the strawberry syrup and add it to the yogurt with wild berries.

Fourth step:

We pluck two mint leaves and place it on top of the yogurt.