

APPETIZER

WHEN OPPOSITES ATTRACKT

Orange: sweet, soft freshness / olive: salty touch / green fresh
chilli: very soft spicy and freshness / beet: earthy sweetness

If something drives me crazy is mixing food and that its combination surprises me. By now no one can convince me that healthy and tasty is not possible because me and many other cooks and healthy food cooking lovers are the proof that eating healthy and smacking is a reality.

I leave this appetizer that is full of good nutrients and that you will enjoy much and you can get a dose of carotenoids and antioxidants... what more can you ask for?

DRINK:

2 tablespoons cooked beets cut into pieces
1 glass of freshly squeezed fresh orange juice

Put everything in the blender with 1 or 2 ice cubes and beat.
Serve and enjoy

IN THE BOWL:

Olives
Orange in pieces
Fresh green chilly cut to very thin strips

Mix everything in a bowl and when you go to eat, try to mix a little of each ingredient in the mouth. If you do not like the spicy, put a few pieces of chilly but do not eat it, it will give a very nice touch only by contact, try it, you will be surprised.

SMALL TOASTS:

Put on the base some olive spread, on top: a piece of fresh orange and a few broccoli sprouts

Cocina tu vida

Ruth Meyer

www.cocinatuvida.com

Good times do not have to be something that is postponed for the future, they are something that is designed for the present.

Enjoy with everything

I will love to read your comments and share with me your good moments. Share this if you liked it and help others to have their good gastronomic moment

#cocinatuvida (cookyourlife) since you are the most important thing in it.