



## FRESH & SIMPLE RECIPES – EPISODE THIRTEEN

Theme: “Detox Delight”

**Soaked Bircher muesli with dried fruit**

**Salmon Ceviche open Sandwiches**

**Green tea and ginger slush**

### Soaked Bircher muesli with dried fruit

- 2 cups porridge oats
- 2 green apples, grated (skin on)
- 1 cup dates, finely chopped
- 1 cup coarsely chopped mixed nuts (walnuts, almonds etc)
- ½ cup dried apricots, chopped
- 1 tsp cinnamon
- Honey, to taste
- Soya milk
- Yoghurt and dried fruit to serve



### Preparation

Mix the oats, apples, dried apricots and dates and the nuts and cinnamon in a bowl. Fill the bowl with enough soya milk to generously cover everything, and allow to soak (at least 1 hour or overnight). When ready to serve, loosen with more milk if necessary, spoon into serving bowls. Serve with a large drizzle of honey, a spoonful of yoghurt and dried fruit.

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### Salmon Ceviche open Sandwiches

Raw salmon fillets, cut into cubes  
Ripe tomatoes, cut into cubes  
Juice of 2 lemons  
1 red pepper, cut into fine cubes  
Olive oil  
Salt and pepper  
Fresh dill, finely chopped  
Salt and pepper  
Cos lettuce leaves, to serve



### Preparation

Mix the salmon, tomatoes, seasoning, dill, lemon juice and olive oil in a bowl. Cover and refrigerate for at least 1 hour, to allow the lemon juice to firm and marinate the salmon.

Serve the mixture on a bed of cos lettuce leaves, drizzled with a little extra olive oil and garnished with a lemon wedge.



### Green tea and ginger slush

½ a ripe spanspek  
1 tablespoon grated ginger  
125ml strong green tea, cooled  
Honey, to taste  
Crushed ice

### Preparation

Blend everything together until smooth. Add the crushed ice and blend to a smooth slushy puree.

Table décor ideas

