



G O G E L M O G E L

RECIPE BOOK CREATED IN YOUTH EXCHANGE "FOOD STORIES"



Erasmus+




Youth exchange "FOOD STORIES" was a beautiful collaboration between Lithuania, represented by NGO "Trinus" and Aland islands, represented by NGO "SKUNK". These two organisations brought their young people to explore their food traditions, how our cultural and historical background is shaping our food recipes, how it impacts our climate. Are our traditions sustainable?

Through various activities hosted in Lithuania, our young people, brought from diverse social backgrounds, as well as youth with fewer possibilities, were discussing and sharing their own stories, ideas. It was a great time, where food and common wish for learning brought young people, different cultures to sit at one table and celebrate their own history, culture and common idea for better, more friendly, sustainable ideas for food.



This recipe book is one of the results of shared and created ideas between the youngsters of the project (13-16years old). In here you will find food recipes, that relates to young people from Lithuania and Aland islands, that they are finding delicious, easy to make in your everyday life. And most importantly that are trying to be more sustainable and friendly for our. nature.

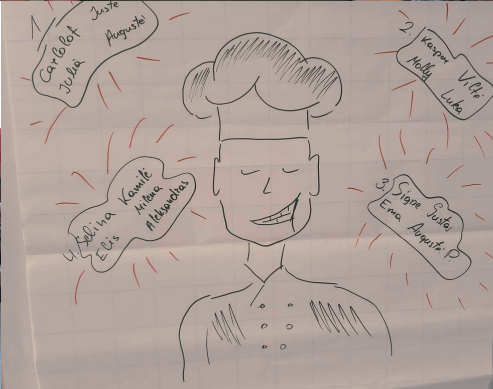
In each recipe you will find these symbols  that indicates how climate neutral is the recipe:

SMALL IMPACT ON THE
WORLD'S RESOURCES

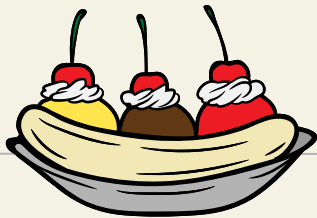


BIG IMPACT ON THE
WORLD'S RESOURCES





Banana Split



Prepping Time: 15 min

Servings: 1-2

Cooking Time: 0 min

Level of climate
friendly recipe



Ingredients



- 2 bananas
- any ice cream
- chocolate syrup
- whipped cream
- cherries

Directions

1. Gather the ingredients, then slice the bananas lengthwise;
2. Put the bananas on each side off the plates and ice-cream in the middle;
3. Decorate with whipped cream, chocolate syrup and cherries.

Note: To make it more colourful out some sprinkles on top.

Smoothie

Prepping Time: 10 min

Servings: 4

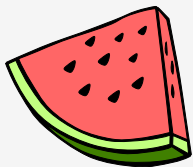
Cooking Time: 0 min

Level of climate
friendly recipe



Ingredients

- strawberries
- bananas
- watermelon
- juice
- mango
- raspberries



Directions

1. Wash the fruits;
2. Cut it in smaller pieces;
3. Blend it in mixer and serve.

Note: Choose the juice you like it.

Fruit salad



Prepping Time: 20 min

Servings: 6

Cooking Time: 0 min

Level of climate
friendly recipe



Ingredients

- 3 bananas
- 4 apples
- 2 packs of grapes
- 1 can of peaches
- 1 pomegranate
- 1 yoghurt

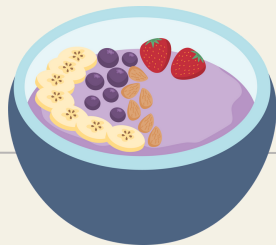


Directions

1. Wash fruits;
2. Cut them in small pieces;
3. Put yoghurt in it and mix.

Note: you can also serve it with
whipped cream.

Smoothie bowl



Prepping Time: 0 min

Servings: 5

Cooking Time: 5 min

Level of climate
friendly recipe



Ingredients



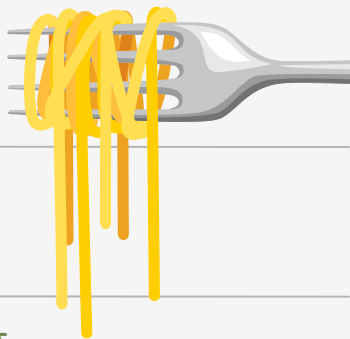
- raspberries
- cherries
- grapes
- bananas
- strawberries
- blackberries
- milk
- honey/sugar

Directions

1. Freeze all your fruits;
2. Put all fruits in a blender, add some milk. And blend it until smooth;
3. Serve with honey or sugar on top.

Note: you can use any fruits you want.

Pasta le Chicken



Prepping Time: 15 min

Servings: 4

Cooking Time: 20 min

Level of climate
friendly recipe



Ingredients

- pasta
- chicken
- salt, pepper
- seasoning (optional)
- green salad
- cherry tomatoes
- grapes
- parmesan
- garlic mayo
- cucumber
- brocolli

Directions

1. Cut the vegetables;
2. Boil pasta and fry chicken;
3. Mix salad with vegetables and mayo, add some seasoning;
4. Mix in pasta. Cut chicken in smaller pieces and then add to the salad;
5. Top everything with grated parmesan.

Koldūnai



Prepping Time: 30 min

Servings: 6

Cooking Time: 5 min

Level of climate
friendly recipe



Ingredients

For the dough

- 300g all purpose flour
- 1/2 cup of water
- 1 egg
- 1/4 tbsp salt

For the filling

- 400g pork meat
- 1 egg
- 1 small onion
- 2 tbsp oil
- salt, pepper
- sugar

Directions



check the next page

Koldūnai

Directions

1. Mix egg, salt and water and slowly put flour and mix again;
2. Wrap the dough in plastic wrap and let it rest for 15 min;
3. Peel the onion and dice it, put oil in the pan and fry it till soft;
4. Mix the filling ingredients with onion;
5. Make small circles of the dough, place the filling on the circles, then close it good;
6. Boil the dumplings for 5 min.



Musli

Prepping Time: 2-5 min

Servings: 8-10

Cooking Time: 0 min

Level of climate
friendly recipe



Ingredients

- 500 ml oatmeal
- 500 ml cornflakes
- 200 ml raisins
- 200 ml dried fruits
- 200 ml almonds



Directions

1. Mix all the ingredients together in a big bowl;
2. Serve with some milk or yoghurt.

Note: you can store it in a box with a lid on.

Pancake cereal



Prepping Time: 7 min

Servings: 4

Cooking Time: 10 min

Level of climate
friendly recipe



Ingredients

- 2 eggs
- 300 ml flour
- 200 ml milk
- 2 tbsp sugar/honey
- 150g butter
- 1/2 tbsp baking soda



Directions

1. Mix all the ingredients together and fry the mini pancakes;
2. Put the mini pancakes in a bowl and add some milk;

Note: you can add your favourite berries .

Aland's Pancake

Prepping Time: 15 min

Servings: 10-20

Cooking Time: 45 min

Level of climate
friendly recipe



Ingredients

For the rice porridge:

- 150g rice (round grain)
- 600ml milk
- salt
- butter
- 300ml water
- 1l rice porridge
- 2 eggs
- 300ml milk
- 100g sugar
- 50g butter
- 2 tbsp salt
- 1 tbsp cardamon

50 g butter

Directions



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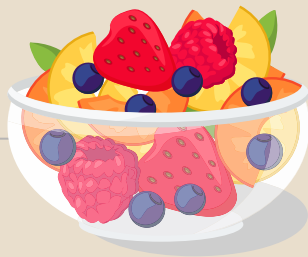
Aland's Pancake

Directions

1. Make the porridge the day before. Put rice, water and salt in a pot and cook;
2. Then add milk and cook it again. Let it simmer for 40min;
3. Next day mix porridge with milk.
4. Mix in sugar, salt, eggs, cardamon.
5. Butter a pan and pour the mixture in.
6. Melt left butter and pour over the pancake. Then cook it in the oven for 40-45 min. The temperature must be 175°C.



Food salad



Prepping Time: 15 min

Servings: 6

Cooking Time: 0 min

Level of climate
friendly recipe



Ingredients

- raspberries
- honey
- bananas
- pears
- strawberries
- apples
- blackberries
- grapes
- whipped cream
- cherries
- watermelon



Directions

1. Cut all your fruits;
2. Put all fruits and berries in a bowl;
3. Serve with honey and whipped cream on top.

Lazy cake



Prepping Time: 20 min

Servings: 6

Cooking Time: 23h

Level of climate
friendly recipe



Ingredients

- 4 packs of biscuits
- 1 can of condensed milk
- 3-4 tbsp of cacao powder
- 200g of butter (room temperature)
- plastic wrap

Directions

1. Crack all the cookies in small pieces;
2. Mix the butter with condensed milk until smooth;
3. Put cacao powder in the mixture of milk and butter;
4. Mix in the cookies;
5. Shape the dough into any shape you want, wrap it in plastic and put in a fridge for 23 hours.

Sweet pizza



Prepping Time: 1 h

Servings: 3-4

Cooking Time: 25 min

Level of climate
friendly recipe



Ingredients

- water
- yeast
- sugar
- olive oil
- flour
- cornmeal
- salt
- chocolate sauce
- bananas
- strawberries

Directions

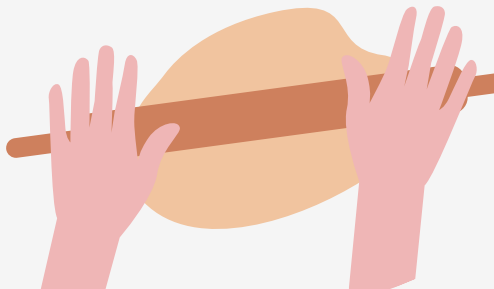


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Sweet pizza

Directions

1. Mix water, yeast, sugar, flour, olive oil, cornmeal and salt. Then let it rest for an hour;
2. Roll the dough into round pizza shape ;
3. Put on top chocolate sauce as the base. Then add some cut banana pieces.
4. Put the pizza in the oven preheated till 250°C and cook it for 15-25 min;
5. When the pizza is ready take it out and serve with some cut strawberries.



Smaklig måltid & Skandaus!

