

Good Recipes...

From
Axodiet DP packets range

Vanilla or coffee fans :

Soak a vanilla pod in the water (or non-fat milk) of the vanilla muesli-cereal preparation. Flavour subtly with coffee by adding a bit of espresso powder in the preparation liquid of coffee muesli-cereal with chocolate chips.

A refreshing break :

Prepare a peach tea drink and pour over ice with two lemon slices and a few leaves of fresh mint. A guaranteed thirst-quencher!

Add a bit of sparkle by using fizzy water in place of flat.

Authentic gaspacho :

The Spanish serve it accompanied by diced cucumber, red, green or yellow peppers, chives, parsley or fresh coriander; and possibly crumbled hard-boiled eggs (depending on the phase of your diet, the whole egg or only the whites). Serve cold. Small finishing touch: 2-3 drops of Tabasco, 2-3 drops of olive oil, salt and pepper!

Airy chocolate mousse :

To obtain an even lighter mousse, incorporate into the preparation a beaten egg white lightly sweetened with Axodiet sweetener. Place the mousse in the refrigerator for 1 hour and serve garnished with a few orange zests.

Vegetable medley soufflé :

All the vegetables appearing on the authorized list can be incorporated into the vegetable medley soufflé preparation, as well as your favourite seasonings and herbs. If you wish, incorporate a beaten egg white into the preparation – the soufflé couldn't be lighter!

Purées :

On the strict diet, purées can be mixed with other vegetables (list) reduced to purée for a thicker texture. Seasoned with salt, pepper, nutmeg, on the mixed diet, purées can be served with white meat or fish grilled without fat.