

„Shine from within“ (VEGAN)

(Quinoa-green veg-sesame dish)

<i>Ingredients just for me</i>	<i>Ingredients for me and my lovely friend</i>
50g white quinoa (+ 125ml clean water)	100g white quinoa (+250ml clean water)
2 celery rods	4 celery rods
1/2 zucchini	1 zucchini
1/2 bunch of fresh parsley	1 bunch of fresh parsley
1/2 bunch of fresh mint leaves	1 bunch of fresh mint leaves
handful fresh spinach	ca. 50g fresh spinach
handful fresh rucola	ca 50g fresh rucola
2 tbsp sesame seeds	2-4 tbsp sesame seeds
1 tsp coconut oil	1-2 tsp coconut oil
fresh lemon juice	fresh lemon juice
sea salt	sea salt
3 tbsp clean water	3-6 tbsp clean water
a few walnuts	a few walnuts

1. Bring the white quinoa (or any quinoa, but I love the white one) to boil in clean water. Reduce the heat and simmer, covered, another 15 minutes.

2. Meanwhile put on this awesome, funky song and smile. Then chop celery, zucchini, fresh parsley and mint leaves.



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3. Preheat the pan with coconut oil and add celery and zucchini.

Add the sesame seeds and fry all together on a highest heat.

Sauté 2-5 minutes (depending on how well-fried you want your veggies to be) and stir constantly.



4. When roasted gently, add fresh spinach and rucola (actually you can use any fresh salad you like, I prefer spinach. It's just yummy).

Add a few tablespoons of clear water, so the vegetables can simmer. Stir the veggies a few times until spinach and rucola are about 1/4 of their original size.

Now lower the heat (On my german stove I lowered the heat from 12 to 6-7).



5. Add mint leaves and parsley and stir another time.



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6. *Add the already cooked white quinoa into the pan and gently, with love, mix everything together.*

Simmer for 2-3 minutes and turn off the stove. Let the divine food rest for another 2 minutes in the pan.



7. *Now chop a few walnuts (or take the whole ones) and press out lemon juice from 1/4 or 1/2 lemon and pour it over your awesome plate. Salt your plate to taste and ...*

... enjoy this amazing, healthy, yummy food.



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STOP!

Now take a deep breath. Let's take a minute to be grateful for this amazing dish. We can eat healthy and nurture our body with the needed vitamins. It's not certain and we are the so blessed to be able to eat this fresh, healthy and yummy food.

*This divine dish you're about to eat will give you so much **power**. Let me name just a few benefits of this recipe.*

The benefits of coconut oil are popular: your liver, skin and hair will love it. Celery is poor on calories and is a vitamin boost for your body (Vitamin A, K, C).

Celery lowers inflammation, cholesterol, protects your liver and boosts your digestion. Zucchini gives you the optimal dose of Vitamin C and manganese.

Quinoa is a superfood of our time. Its the most protein rich food there is with all essential amino acids. It contains fiber, iron and is rich in magnesium and manganese. Quinoa improves your metabolism and makes you feel full and full of energy for many hours-

*Btw. **if you want to lose weight**, coconut oil, celery and zucchini will support you. You can also always eat celery or zucchini as a little snack or put them in your smoothie (recipes coming soon).*

I hope you enjoyed my recipes. Give me a feedback if you liked it and connect with my on my [blog](#)! I would love to meet you!

Stay healthy, honey!

Loveeeeeee,

Olga

P.S. This recipe is a creative flow of mine with a healthy-mindset-impact of the Total Wellness Summit 2016. I'm so grateful, that I had the chance to watch it.

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