

IME I
PREZIME

DATUM TESTIRANJA

Test: Cytolisa 264
ELISA (polukvantitativno)

Citoliza test

Panel 1

Negativna kontrola	2 / 1 artičoka reakcija: 6%	3 / 28 palitižan reakcija: 0%
4 / 18 avokado reakcija: 5%	5 / 22 komorač reakcija: 6%	6 / 23 krastavac reakcija: 0%
7 / 29 mrkva reakcija: 6%	8 / 8 poriuk reakcija: 6%	9 / 24 kukuruz reakcija: 7%
10 / 10 blitva reakcija: 6%	11 / 11 paprika babure reakcija: 0%	12 / 348 celer reakcija: 6%
13 / 32 račica reakcija: 7%	14 / 27 zeleno tikvice reakcija: 6%	15 / 39 luk reakcija: 5%
16 / 20 cikorija reakcija: 7%	17 / 254 salata kristal reakcija: 9%	18 / 3 endivija reakcija: 0%
19 / 225 matoviliac Nisko reakcija: 11%	20 / 6 zeleni salata reakcija: 6%	21 / 231 radić reakcija: 7%
22 / 221 rukola Nisko reakcija: 11%	23 / 16 špinat reakcija: 6%	Pozitivna kontrola

Panel 2

Negativna kontrola	2 / 19 cvjetača reakcija: 8%	3 / 2 brokula reakcija: 6%
4 / 21 kineski kupus reakcija: 6%	5 / 5 kejl reakcija: 6%	6 / 34 koraba reakcija: 6%
7 / 35 švedska repa reakcija: 7%	8 / 297 cvjetača rimsk reakcija: 8%	9 / 13 prokulica reakcija: 6%
10 / 229 crveni kupus reakcija: 6%	11 / 17 bijeli kupus reakcija: 7%	12 / 219 savojski kupus Nisko reakcija: 11%
13 / 332 hokaído bundi reakcija: 8%	14 / 33 krumpir reakcija: 0%	15 / 269 pastirjak reakcija: 6%
16 / 36 korijen peršin reakcija: 7%	17 / 38 rotkvica reakcija: 6%	18 / 31 cikla reakcija: 6%
19 / 242 španj. zmiyak reakcija: 6%	20 / 15 korijen celera reakcija: 8%	21 / 26 šparoge reakcija: 8%
22 / 234 slatki krumpir reakcija: 9%	23 / 235 jeruz artičoke Umjereno reakcija: 15%	Pozitivna kontrola

Panel 3

Negativna kontrola	2 / 77 anis reakcija: 5%	3 / 241 medvedji luk reakcija: 5%
4 / 78 bosiljak reakcija: 5%	5 / 80 kopar reakcija: 8%	6 / 149 med Nisko reakcija: 11%
7 / 131 đumbir reakcija: 7%	8 / 152 kava reakcija: 0%	9 / 132 češnjak reakcija: 9%
10 / 341 korijander reakcija: 7%	11 / 7 grbaštica reakcija: 8%	12 / 133 kim reakcija: 6%
13 / 25 hnen reakcija: 8%	14 / 87 origano reakcija: 7%	15 / 12 peštin reakcija: 8%
16 / 88 kaljenski papa reakcija: 7%	17 / 89 crni papar reakcija: 7%	18 / 90 ružmarin reakcija: 0%
19 / 91 kadulja reakcija: 8%	20 / 14 vlasac reakcija: 8%	21 / 92 timijan Nisko reakcija: 11%
22 / 157 vanilija reakcija: 7%	23 / 158 cimet reakcija: 5%	Pozitivna kontrola

Panel 4

Negativna kontrola	2 / 151 rogač reakcija: 5%	3 / 42 bob reakcija: 9%
4 / 44 zelene mahun Nisko reakcija: 11%	5 / 45 zeleni grašak reakcija: 6%	6 / 217 brašno rogača reakcija: 6%
7 / 175 kakao zimo Visoko reakcija: 29%	8 / 46 slanutak reakcija: 7%	9 / 287 grah crveni Umjereno reakcija: 19%
10 / 47 leća reakcija: 5%	11 / 328 brašno lupine reakcija: 6%	12 / 305 zlatni grah reakcija: 6%
13 / 48 soja Umjereno reakcija: 21%	14 / 227 grašak reakcija: 5%	15 / 147 indijski orah reakcija: 7%
16 / 148 kikiriki reakcija: 9%	17 / 121 lješnjak Nisko reakcija: 10%	18 / 109 kokos reakcija: 9%
19 / 248 australski orah reakcija: 5%	20 / 122 badem Nisko reakcija: 11%	21 / 37 slatki kestjen Umjereno reakcija: 13%
22 / 124 pistacio reakcija: 5%	23 / 127 orah reakcija: 6%	Pozitivna kontrola

Panel 5		
Negativna kontrola	2 / 94 ananas Nisko reakcija: 11%	3 / 95 jabuka reakcija: 0%
4 / 96 marelica reakcija: 7%	5 / 97 banana reakcija: 8%	6 / 98 kruška reakcija: 5%
7 / 101 datulja reakcija: 8%	8 / 102 jagode reakcija: 5%	9 / 104 malina reakcija: 6%
10 / 106 crvena ribizla reakcija: 6%	11 / 107 trešnja reakcija: 7%	12 / 108 kivi reakcija: 9%
13 / 144 mandarina Umjereno reakcija: 13%	14 / 110 mango reakcija: 7%	15 / 145 naranča reakcija: 8%
16 / 146 grejfrut Visoko reakcija: 36%	17 / 112 papaia reakcija: 6%	18 / 113 breskva reakcija: 8%
19 / 114 šljiva Nisko reakcija: 11%	20 / 117 lubenica reakcija: 7%	21 / 118 grožđe, bijelo reakcija: 6%
22 / 93 limun reakcija: 8%	23 / 120 dinja reakcija: 5%	Pozitivna kontrola

Panel 6		
Negativna kontrola	2 / 294 sir appenzell reakcija: 8%	3 / 159 mلائćenica reakcija: 7%
4 / 160 sir camembert reakcija: 9%	5 / 161 švicarki sir reakcija: 7%	6 / 163 gauda reakcija: 8%
7 / 293 sir gruyere reakcija: 8%	8 / 162 zmati sir reakcija: 7%	9 / 164 jogurt reakcija: 8%
10 / 165 kravljе mljeko reakcija: 6%	11 / 166 mozzarella reakcija: 6%	12 / 167 parmezan reakcija: 6%
13 / 342 sirutka reakcija: 8%	14 / 170 ovčji sir reakcija: 8%	15 / 169 američki sir reakcija: 6%
16 / 236 kobijle mljeko reakcija: 5%	17 / 257 sir tilitz reakcija: 6%	18 / 171 kozje mljeko reakcija: 6%
19 / 284 kozji sir reakcija: 6%	20 / 172 A. niger Vrlo visoko reakcija: 93%	21 / 128 pekarski kvasac Visoko reakcija: 31%
22 / 129 pivski kvasac Umjereno reakcija: 20%	23 / 137 gljive Vrlo visoko reakcija: 76%	Pozitivna kontrola

Panel 7		
Negativna kontrola	2 / 54 pakla reakcija: 7%	3 / 55 piletina Umjereno reakcija: 13%
4 / 56 žumanjak reakcija: 5%	5 / 57 bjelanjak reakcija: 5%	6 / 58 puretina reakcija: 7%
7 / 216 noj reakcija: 5%	8 / 51 janjetina reakcija: 6%	9 / 52 sma reakcija: 5%
10 / 53 govedina reakcija: 8%	11 / 154 svinjetina Vrlo visoko reakcija: 56%	12 / 274 divlji vepar Nisko reakcija: 12%
13 / 60 pastirva reakcija: 9%	14 / 61 kozice Nisko reakcija: 12%	15 / 63 harinča reakcija: 6%
16 / 65 bakalar reakcija: 7%	17 / 67 losos reakcija: 7%	18 / 68 skuša reakcija: 6%
19 / 69 dagnje Nisko reakcija: 10%	20 / 71 sardina reakcija: 7%	21 / 73 solea reakcija: 8%
22 / 74 tuna Visoko reakcija: 33%	23 / 189 lignja reakcija: 6%	Pozitivna kontrola

Panel 8		
Negativna kontrola	2 / 180 amarant reakcija: 6%	3 / 139 helja reakcija: 7%
4 / 178 krupnik reakcija: 6%	5 / 329 pšen. jednozr reakcija: 6%	6 / 140 ječam reakcija: 8%
7 / 191 osušeni krupn reakcija: 6%	8 / 141 zob Nisko reakcija: 11%	9 / 40 proso reakcija: 6%
10 / 186 egipatska pše reakcija: 7%	11 / 179 kvinoja reakcija: 6%	12 / 41 riža reakcija: 6%
13 / 142 raž reakcija: 6%	14 / 143 pšenica Umjereno reakcija: 14%	15 / 327 divlja ruža reakcija: 7%
16 / 76 ulje šafranike reakcija: 7%	17 / 309 s. bundeve reakcija: 5%	18 / 181 sijemenke lana reakcija: 6%
19 / 265 sijemenke mat reakcija: 7%	20 / 135 maslina reakcija: 6%	21 / 326 uljana repica Umjereno reakcija: 16%
22 / 125 sezam Nisko reakcija: 12%	23 / 126 s. suncokreta reakcija: 7%	Pozitivna kontrola

Panel 9

Negativna kontrola	2 / 266 izdanci bambu Nisko reakcija: 10%	3 / 307 crveni hrast reakcija: 6%
4 / 223 salata cvena reakcija: 5%	5 / 9 maslačak reakcija: 5%	6 / 228 okra reakcija: 5%
7 / 188 rotkva reakcija: 6%	8 / 226 rimska salata reakcija: 7%	9 / 299 vlašac reakcija: 0%
10 / 99 borovnica Nisko reakcija: 12%	11 / 100 kupina reakcija: 0%	12 / 103 smokva reakcija: 0%
13 / 295 šipak reakcija: 5%	14 / 105 dinja reakcija: 0%	15 / 232 kaki reakcija: 0%
16 / 303 limun Nisko reakcija: 11%	17 / 233 liči reakcija: 5%	18 / 289 marakuja reakcija: 8%
19 / 111 nektarina reakcija: 5%	20 / 115 brusnica reakcija: 8%	21 / 230 rabarbara reakcija: 0%
22 / 116 ogrozđ reakcija: 0%	23 / 298 karambola reakcija: 5%	Pozitivna kontrola

DT

Panel 10

Negativna kontrola	2 / 288 agar-agar Umjereno reakcija: 23%	3 / 331 morski hrast Vrlo visoko reakcija: 49%
4 / 243 chlorella alge reakcija: 7%	5 / 345 kombu Vrlo visoko reakcija: 38%	6 / 244 spirulina Umjereno reakcija: 13%
7 / 330 morska trava Umjereno reakcija: 19%	8 / 344 nor (alge) reakcija: 6%	9 / 75 kopriva reakcija: 6%
10 / 218 pasja ruža Nisko reakcija: 11%	11 / 323 cvijet hibiskus reakcija: 9%	12 / 150 hmelj reakcija: 9%
13 / 81 kamilica reakcija: 8%	14 / 325 cvijet lavande Nisko reakcija: 11%	15 / 82 lipa reakcija: 8%
16 / 286 božikovina, če reakcija: 0%	17 / 134 klinčić reakcija: 6%	18 / 153 pepermint Nisko reakcija: 12%
19 / 285 rooibos, čaj Umjereno reakcija: 19%	20 / 296 slatki korijen reakcija: 7%	21 / 187 čaj zeleni Nisko reakcija: 11%
22 / 156 čaj crni Umjereno reakcija: 13%	23 / 282 matičnjak reakcija: 5%	Pozitivna kontrola

Panel 11

Negativna kontrola	2 / 211 guska reakcija: 0%	3 / 322 prepelica reakcija: 7%
4 / 215 biserka reakcija: 6%	5 / 50 zec reakcija: 5%	6 / 210 jelen reakcija: 8%
7 / 240 konjetina reakcija: 8%	8 / 251 jegulja reakcija: 0%	9 / 59 inćun reakcija: 6%
10 / 272 kamenice Umjereno reakcija: 14%	11 / 196 komarča Nisko reakcija: 11%	12 / 72 iverak reakcija: 0%
13 / 238 riječni rak reakcija: 6%	14 / 249 štuka reakcija: 0%	15 / 62 habut reakcija: 5%
16 / 64 jastog reakcija: 6%	17 / 200 sneper (riba) reakcija: 5%	18 / 70 škarina reakcija: 0%
19 / 202 sablarka reakcija: 7%	20 / 239 iverak reakcija: 7%	21 / 204 grobina reakcija: 7%
22 / 205 atlanski som Nisko reakcija: 12%	23 / 250 smuđ reakcija: 6%	Pozitivna kontrola

Panel 12

Negativna kontrola	2 / 324 bukovača Vrlo visoko reakcija: 56%	3 / 192 bijela gljiva Vrlo visoko reakcija: 62%
4 / 193 lišćka Vrlo visoko reakcija: 64%	5 / 194 žuti virganj Visoko reakcija: 37%	6 / 346 shitake gljiva Vrlo visoko reakcija: 57%
7 / 173 prašak za p. reakcija: 0%	8 / 247 guargrah Nisko reakcija: 11%	9 / 275 vrijesak Umjereno reakcija: 18%
10 / 276 eštragon reakcija: 8%	11 / 347 miadi luk reakcija: 5%	12 / 277 kardamom reakcija: 7%
13 / 278 trstika reakcija: 6%	14 / 264 siemenke kum Nisko reakcija: 12%	15 / 279 ljupčac reakcija: 8%
16 / 83 lovor reakcija: 8%	17 / 86 muškarni o. reakcija: 7%	18 / 136 paprika reakcija: 7%
19 / 300 papar zeleni reakcija: 0%	20 / 253 siemenke bore reakcija: 8%	21 / 245 šatran Nisko reakcija: 10%
22 / 301 crni kumin Vrlo visoko reakcija: 73%	23 / 138 siemenke senti reakcija: 7%	Pozitivna kontrola

Preporučene namirnice

Broj testa	
Datum testiranja	
Ukupno	855

čajevi

Hrana
božikovina, čaj
cvijet hibiskusa
hmelj
kamilica
kopriva
lipa
matičnjak

mahunarke

Hrana
bob
brašno slatke bijele lupine
grašak
leća
slanutak
zeleni grašak
zlatni grah

meso

Hrana
govedina
janjetina
jelen
konjetina
srna
zec

morske trave

Hrana
chlorella (zelene alge)
nori (alge)

morski plodovi

Hrana
bakalar
grdobina
haringa
inćun
iverak
iverak (halibut)
jastog
jegulja
lignja
losos
pastrva
plosnatice (iverak)
plosnatice (solea)
riječni rak
sabljarka
sardina
škarpina
skuša

morski plodovi

Hrana
smuđ
sneper (riba)
štuka

orašasti plodovi i sjemenke

Hrana
australski orah
indijski orah
kokos
orah
pistacio

perad

Hrana
biserka
guska
noj
patka
prepelica
puretina

povrće

Hrana
artičoka
avokado
bijeli kupus
blitva
brokula
celer
cikla
crveni kupus
cvjetača
hokkaido bundeva
kelj
kineski kupus
komorač
koraba
korijen celera
korijen peršina
krastavac
krumpir
kukuruz
luk
mladi luk
mrkva
okra
paprika babura
pastrnjak
patlidžan
poriluk
prokulica
rajčica
romanesko brokula

povrće

Hrana
rotkva
rotkvica
slatki krumpir
španjolski zmijak
šparoge
špinat
švedska repa
vlašac
zelene tikvice

razno

Hrana
bjelanjak
brašno sjemenki rogača
koziji sir
kozje mlijeko
ovčji sir
rogač
žumanjak

salate

Hrana
cikorija
endivija
list crvenog hrasta
radić
rimska salata (zeleni)
salata kristalka
salata ricasta crvena
zelena salata

sjemenke i ulja

Hrana
maslina
sjemenke bora
sjemenke bundeve
sjemenke lana
sjemenke maka
sjemenke suncokreta
ulje šafranike

svježe biljke

Hrana
bosiljak
estragon
grbaštica
kadulja
kopar
korijander
ljupčac
maslačak
medvjedi luk

Preporučene namirnice

Broj testa	
Datum testiranja	
Ukupno	855

svježe biljke

Hrana

- origano
- peršin
- ružmarin
- trstika
- vlasac

voće

Hrana

- banana
- breskva
- brusnica
- crvena ribizla
- datulja
- dinja
- dinja
- grožđe, bijelo
- jabuka
- jagode
- kaki
- karambola
- kivi
- kruška
- kupina
- liči
- limun
- lubenica
- malina
- mango
- marakuja
- marelica
- narandža
- nektarina
- ogrozd
- papaja
- rabarbara
- šipak
- smokva
- trešnja

začini

Hrana

- anis
- češnjak
- cimet
- crni papar
- đumbir
- hren
- kajenski papar
- kardamom
- kim
- klinčić
- lovor
- muškatni oraščić
- papar zeleni

začini

Hrana

- paprika
- sjemenke senfa
- slatki korijen
- vanilija

žitarice

Hrana

- egipatska pšenica
- ječam
- krupnik
- osušeni nezreli krupnik
- pšenica jednozrna
- raž

žitarice i trave

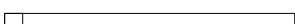
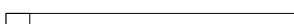
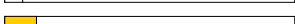
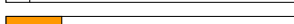
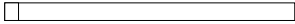
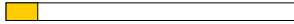
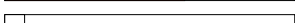
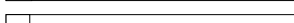
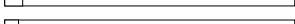
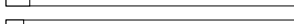
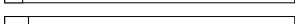
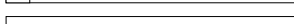
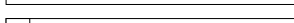
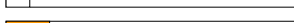
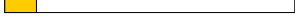
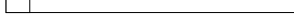
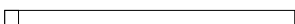
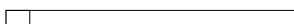
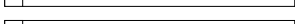
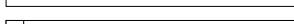
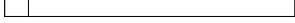
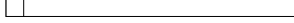
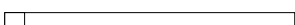
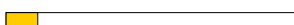
Hrana

- amarant
- divlja ruža
- heljda
- kvinoja
- proso
- riža

Citoliza test

Broj testa
Datum testiranja
Ukupno 855

Hrana kod koje je odgovor IgG antitijela iznad granične vrijednosti printa se u boji.

agar-agar		23%	gauda		8%
amarant		6%	gljive		76%
američki sir		6%	govedina		8%
ananas		11%	grah crveni		19%
anis		5%	grašak		5%
artičoka		6%	grbaštica		8%
Aspergillus niger		93%	grdobina		7%
atlantski som		12%	grejfrut		36%
australski orah		5%	grožđe, bijelo		6%
avokado		5%	guargrah		11%
badem		11%	guska		0%
bakalar		7%	haringa		6%
banana		8%	heljda		7%
bijela gljiva		62%	hmelj		9%
bijeli kupus		7%	hokkaido bundeva		8%
biserka		6%	hren		8%
bjelanjak		5%	inčun		6%
blitva		6%	indijski orah		7%
bob		9%	iverak		7%
borovnica		12%	iverak (halibut)		5%
bosiljak		5%	izdanci bambusa		10%
božikovina, čaj		0%	jabuka		0%
brašno sjemenki rogača		6%	jagode		5%
brašno slatke bijele lupine		6%	janjetina		6%
breskva		8%	jastog		6%
brokula		6%	ječam		8%
brusnica		8%	jegulja		0%
bukovača		56%	jelen		8%
čaj crni		13%	jeruzalemske artičoke		15%
čaj zeleni		11%	jogurt		8%
celer		6%	kadulja		8%
češnjak		9%	kajenski papar		7%
chlorella (zelene alge)		7%	kakao zrno		29%
cikla		6%	kaki		0%
cikorija		7%	kamenice		14%
cimet		5%	kamilica		8%
crni kumin		73%	karambola		5%
crni papar		7%	kardamom		7%
crvena ribizla		6%	kava		0%
crveni kupus		6%	kelj		6%
cvijet hibiskusa		9%	kikiriki		9%
cvijet lavande		11%	kim		6%
cvjetača		8%	kineski kupus		6%
dagnje		10%	kivi		9%
datulja		8%	klinčić		6%
dinja		0%	kobilje mlijeko		5%
dinja		5%	kokos		9%
divlja ruža		7%	komarča		11%
divlji vepar		12%	kombu		38%
đumbir		7%	komorač		6%
egipatska pšenica		7%	konjetina		8%
endivija		0%	kopar		8%
estragon		8%	kopriva		6%

Citoliza test

Broj testa
Datum testiranja
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Hrana kod koje je odgovor IgG antitijela iznad granične vrijednosti printa se u boji.

koraba		6%	orah		6%
korijander		7%	origano		7%
korijen celera		8%	osušeni nezreli krupnik		6%
korijen peršina		7%	ovčji sir		8%
kozice		12%	papaja		6%
koziji sir		6%	papar zeleni		0%
kozje mlijeko		6%	paprika		7%
krastavac		0%	paprika babura		0%
kravlje mlijeko		6%	parmezan		6%
krumpir		0%	pasja ruža		11%
krupnik		6%	pastrnjak		6%
kruška		5%	pastrva		9%
kukuruz		7%	patka		7%
kupina		0%	patlidžan		0%
kvinoja		6%	pekarski kvasac		31%
leća		5%	pepermint		12%
liči		5%	peršin		8%
lignja		6%	piletina		13%
limun		11%	pistacio		5%
limun		8%	pivski kvasac		20%
lipa		8%	plosnatice (iverak)		0%
lisička (gljiva)		64%	plosnatice (solea)		8%
list crvenog hrasta		6%	poriluk		6%
lješnjak		10%	prašak za pecivo		0%
ljupčac		8%	prepelica		7%
losos		7%	prokulica		6%
lovor		8%	proso		6%
lubenica		7%	pšenica		14%
luk		5%	pšenica jednozrna		6%
malina		6%	puretina		7%
mandarina		13%	rabarbara		0%
mango		7%	radić		7%
marakuja		8%	rajčica		7%
marelica		7%	raž		6%
maslačak		5%	riječni rak		6%
maslina		6%	rimska salata (zeleni)		7%
matičnjak		5%	riža		6%
matovilac		11%	rogač		5%
med		11%	romanesko brokula		8%
medvjedi luk		5%	rooibos, čaj		19%
mlačenica		7%	rotkva		6%
mladi luk		5%	rotkvica		6%
morska trava		19%	rukola		11%
morski hrast (arame)		49%	ružmarin		0%
mozzarella		6%	sabljacka		7%
mrkva		6%	šafan		10%
muškatni oraščić		7%	salata kristalka		9%
narandža		8%	salata ricasta crvena		5%
nektarina		5%	sardina		7%
noj		5%	savojski kupus (kelj)		11%
nori (alge)		6%	sezam		12%
ogrozd		0%	shiitake gljiva		57%
okra		5%	šipak		5%

Citoliza test

Broj testa
Datum testiranja
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Hrana kod koje je odgovor IgG antitijela iznad granične vrijednosti printa se u boji.

sir appenzell		8%
sir camembert		9%
sir gruyere		8%
sir tilzit		6%
sirutka		8%
sjemenke bora		8%
sjemenke bundeve		5%
sjemenke kumina		12%
sjemenke lana		6%
sjemenke maka		7%
sjemenke senfa		7%
sjemenke suncokreta		7%
škarpina		0%
skuša		6%
slanutak		7%
slatki kesten		13%
slatki korijen		7%
slatki krumpir		9%
šljiva		11%
smokva		0%
smuđ		6%
sneper (riba)		5%
soja		21%
španjolski zmijak		6%
šparoge		8%
špinat		6%
spirulina		13%
srna		5%
štuka		0%
švedska repa		7%
švicarki sir		7%
svinjetina		56%
timijan		11%
trešnja		7%
trstika		6%
tuna		33%
uljana repica		16%
ulje šafranike		7%
vanilija		7%
vlasac		8%
vlašac		0%
vrijesak		18%
zec		5%
zelena salata		6%
zelene mahune		11%
zelene tikvice		6%
zeleni grašak		6%
zlatni grah		6%
zob		11%
zrnati sir		7%
žumanjak		5%
žuti vrganj		37%

Hrana kod koje je odgovor IgG antitijela iznad granične vrijednosti printa se u boji.

A - grupa

mahunarke

bob	brašno slatke bijele lupine	grah crveni (Umjereno)	grašak
leća	slanutak	soja (Umjereno)	zelene mahune (Nisko)
zeleni grašak	zlatni grah		

morske trave

agar-agar (Umjereno)	chlorella (zelene alge)	kombu (Vrlo visoko)	morska trava (Umjereno)
morski hrast (arame) (Vrlo	nori (alge)	spirulina (Umjereno)	

povrće

artičoka	avokado	bijeli kupus	blitva
brokula	celer	cikla	crveni kupus
cvjetača	hokkaido bundeva	izdanci bambusa (Nisko)	jeruzalemske artičoke
kelj	kineski kupus	komorač	koraba
korijen celera	korijen peršina	krastavac	krumpir
kukuruz	luk	mladi luk	mrkva
okra	paprika babura	pastrnjak	patlidžan
poriluk	prokulica	rajčica	romanesko brokula
rotkva	rotkvica	savojski kupus (kelj) (Nisko)	slatki krumpir
španjolski zmijak	šparoge	špinat	švedska repa
vlašac	zelene tikvice		

salate

cikorija	endivija	list crvenog hrasta	matovilac (Nisko)
radić	rimska salata (zeleni)	rukola (Nisko)	salata kristalka
salata ricasta crvena	zeleni salata		

sjemenke i ulja

maslina	sezam (Nisko)	sjemenke bora	sjemenke bundeve
sjemenke lana	sjemenke maka	sjemenke suncokreta	uljana repica (Umjereno)
ulje šafranike			

svježe biljke

bosiljak	estragon	grbaštica	kadulja
kopar	korijander	ljupčac	maslačak
medvjedi luk	origano	peršin	ružmarin
timijan (Nisko)	trstika	vlasac	vrijesak (Umjereno)

voće

ananas (Nisko)	banana	borovnica (Nisko)	breskva
brusnica	crveni ribizla	datulja	dinja
dinja	grejpfrut (Visoko)	grožđe, bijelo	jabuka
jagode	kaki	karambola	kivi
kruška	kupina	liči	limun (Nisko)
limun	lubenica	malina	mandarina (Umjereno)
mango	marakuja	marelica	naranča
nektarina	ogrozd	papaja	rabarbara
šipak	šljiva (Nisko)	smokva	trešnja

žitarice i trave

amarant	divlja ruža	heljda	kvinoja
proso	riža		

Hrana kod koje je odgovor IgG antitijela iznad granične vrijednosti printa se u boji.

B - grupa

čajevi			
božikovina, čaj	čaj zeleni (Nisko)	cvijet hibiskusa	cvijet lavande (Nisko)
hmelj	kamilica	kopriva	lipa
matičnjak	pasja ruža (Nisko)	pepermint (Nisko)	rooibos, čaj (Umjereno)
meso			
divlji vepar (Nisko)	govedina	janjetina	jelen
konjetina	srna	svinjetina (Vrlo visoko)	zec
morski plodovi			
atlantski som (Nisko)	bakalar	dagње (Nisko)	grdobina
haringa	inćun	iverak	iverak (halibut)
jastog	jegulja	kamenice (Umjereno)	komarča (Nisko)
kozice (Nisko)	lignja	losos	pastrva
plosnatice (iverak)	plosnatice (solea)	riječni rak	sablјarka
sardina	škarpina	skuša	smuđ
sneper (riba)	štuka	tuna (Visoko)	
orašasti plodovi i sjemenke			
australski orah	badem (Nisko)	indijski orah	kokos
lješnjak (Nisko)	orah	pistacio	slatki kesten (Umjereno)
perad			
biserka	guska	noj	patka
piletina (Umjereno)	prepelica	puretina	
razno			
bјelanјak	brašno sjemenki rogača	kakao zrno (Visoko)	koziji sir
kozje mlijeko	med (Nisko)	ovčji sir	rogač
žumanјak			
začini			
anis	češnjak	cimet	crni kumin (Vrlo visoko)
crni papar	đumbir	hren	kajenski papar
kardamom	kim	klinčić	lovor
muškatni orašćić	papar zeleni	paprika	šafran (Nisko)
sjemenke kumina (Nisko)	sjemenke senfa	slatki korijen	vanilija
žitarice			
egipatska pšenica	ječam	krupnik	osušeni nezreli krupnik
pšenica (Umjereno)	pšenica jednozrna	raž	zob (Nisko)

C - grupa

glјive i kvasci			
bijela glјiva (Vrlo visoko)	bukovača (Vrlo visoko)	glјive (Vrlo visoko)	lisička (glјiva) (Vrlo visoko)
pekarski kvasac (Visoko)	pivski kvasac (Umjereno)	shiitake glјiva (Vrlo visoko)	žuti vrganј (Visoko)
mliječni proizvodi			
američki sir	gauda	jogurt	kobilje mlijeko
kravlje mlijeko	mlačenica	mozzarella	parmezan
sir appenzell	sir camembert	sir gruyere	sir tilzit

Citoliza test

Broj testa	
Datum testiranja	
Ukupno	855

Hrana kod koje je odgovor IgG antitijela iznad granične vrijednosti printa se u boji.

C - grupa

mliječni proizvodi

sirutka	švicarki sir	zrnati sir
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razno

čaj crni (Umjereno)	guargrah (Nisko)	kava	kikiriki
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D - grupa

razno

Aspergillus niger (Vrlo visoko)	prašak za pecivo
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Broj testa
Datum testiranja
Ukupno 855

Prvi dan

čajeви: cvijet hibiskus, hmelj
mahunarke: brašno lupine, grašak, slanutak, zeleni grašak, zlatni grah
meso: govedina, janjetina, jelen
morske trave: chlorella alge
morski plodovi: jastog, lignja, losos, pastrva
orašasti plodovi i sjemenke: pistacio
povrće: avokado, hokaido bundeva, kineski kupus, koraba, luk, okra, paprika babura, patlidžan, slatki krumpir, špinat, vlašac
salate: endivija, salata crvena, salata kristal
sjemenke i ulja: s. bundeve, sjemenke lana, ulje šafranike
svježe biljke: bosiljak, grbaštica, kadulja, ljupčac, medvjedi luk, origano, ružmarin
voće: breskva, jabuka, jagode, kruška, kupina, limun, marakuja, marelica, nektarina, trešnja
začini: češnjak, hren, vanilija
žitarice: egipatska pšen., krupnik
žitarice i trave: amarant, divlja ruža

Drugi dan

morski plodovi: bakalar, iverak , škarpina
orašasti plodovi i sjemenke: indijski orah
perad: guska, patka, prepelica
povrće: artičoka, blitva, brokula, cikla, crveni kupus, korijen peršina, kukuruz, mladi luk, šparoge, švedska repa, zelene tikvice
razno: brašno rogača, rogač
salate: cikorija
sjemenke i ulja: sjemenke bora
svježe biljke: estragon, peršin
voće: banana, brusnica, crvena ribizla, liči, naranča, ogrozd, šipak
začini: cimet, crni papar, klinčić, lovor, muškatni o., sjemenke senfa
žitarice: pšen. jednozrna
žitarice i trave: proso

Rotacijska dijeta

Broj testa
Datum testiranja
Ukupno 855

Treći dan

čajeви: božikovina, čaj, kamilica, kopriva
mahunarke: brašno lupine, leća
meso: srna, zec
morske trave: chlorella alge, nori (alge)
morski plodovi: grdobina, halibut, iverak, riječni rak, sabljarka, smuđ, sneper (riba), solea
orašasti plodovi i sjemenke: australski orah, kokos
perad: puretina
povrće: celer, cvjetača rimska, komorač, korijen celera, krumpir, pastirnjak, poriluk, rajčica, španj. zmijak
salate: crveni hrast, zelena salata
sjemenke i ulja: s. suncokreta, sjemenke maka
svježe biljke: korijander, vlasac
voće: datulja, dinja, dinja, grožđe, bijelo, lubenica, rabarbara
začini: kajenski papar, kardamom, papar zeleni, paprika
žitarice: raž
žitarice i trave: kvinoja

Četvrti dan

čajevi: lipa, matičnjak
mahunarke: bob
meso: konjetina
morski plodovi: jegulja, štuka
orašasti plodovi i sjemenke: orah
povrće: avokado, bijeli kupus, cvjetača, kelj, krastavac, mrkva, prokulica, rotkva, rotkvica
salate: radić, rimska salata
sjemenke i ulja: maslina
svježe biljke: kopar, maslačak, trstika
voće: kaki, karambola, kivi, malina, mango, papaja, smokva
začini: anis, đumbir, kim, slatki korijen
žitarice: ječam, osušeni krupnik
žitarice i trave: heljda, riža

Peti dan

čajevi: cvijet hibiskus, hmelj
mahunarke: brašno lupine, grašak, slanetak, zeleni grašak, zlatni grah
meso: govedina, janjetina, jelen
morske trave: chlorella alge
morski plodovi: haringa, inćun, sardina, skuša
orašasti plodovi i sjemenke: pistacio
povrće: hokaido bundeva, kineski kupus, koraba, luk, okra, paprika babura, patlidžan, slatki krumpir, špinat, vlašac
salate: endivija, salata crvena, salata kristal
sjemenke i ulja: s. bundeve, ulje šafranike
svježe biljke: bosiljak, grbaštica, kadulja, ljupčac, medvjedi luk, origano, ružmarin
voće: breskva, jabuka, jagode, kruška, kupina, limun, marakuja, marelica, nektarina, trešnja
začini: češnjak, hren

Broj testa	
Datum testiranja	
Ukupno	855

Peti dan

žitarice i trave:	amarant, divlja ruža
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Šesti dan

morski plodovi:	iverak , losos, pastrva
orašasti plodovi i sjemenke:	indijski orah
perad:	patka, prepelica
povrće:	artičoka, blitva, brokula, cikla, crveni kupus, korijen peršina, kukuruz, mladi luk, šparoge, švedska repa, zelene tikvice
razno:	brašno rogača, rogač
salate:	cikorija
sjemenke i ulja:	sjemenke bora, sjemenke lana
svježe biljke:	estragon, peršin
voće:	banana, brusnica, crvena ribizla, liči, naranča, ogrozd, šipak
začini:	cimet, crni papar, klinčić, lovor, muškatni o., sjemenke senfa, vanilija
žitarice:	pšen. jednozrna
žitarice i trave:	proso

Sedmi dan

čajevi:	božikovina, čaj, kamilica, kopriva
mahunarke:	brašno lupine, leća
morske trave:	chlorella alge
morski plodovi:	bakalar, grdobina, halibut, iverak, riječni rak, sabljarka, škarpina, smuđ, sneper (riba)
orašasti plodovi i sjemenke:	australski orah, kokos
perad:	biserka, guska, puretina
povrće:	avokado, cvjetača rimska, komorač, korijen celera, krumpir, pastirnjak, poriluk, rajčica, španj. zmijak
salate:	crveni hrast, zelena salata
sjemenke i ulja:	s. suncokreta, sjemenke maka
svježe biljke:	vlasac
voće:	datulja, dinja, grožđe, bijelo, lubenica, rabarbara
začini:	kajenski papar, kardamom, papar zeleni, paprika
žitarice:	raž
žitarice i trave:	kvinoja

Broj testa	
Datum testiranja	
Ukupno	855

Osmi dan

čajevi:	lipa, matičnjak
mahunarke:	bob
meso:	konjetina, srna, zec
morske trave:	nori (alge)
morski plodovi:	jegulja
orašasti plodovi i sjemenke:	orah
povrće:	bijeli kupus, celer, cvjetača, kelj, krastavac, mrkva, prokulica, rotkvica
salate:	radić, rimska salata
sjemenke i ulja:	maslina
svježe biljke:	kopar, korijander, maslačak, trstika
voće:	dinja, kaki, karambola, kivi, malina, mango, papaja, smokva
začini:	anis, đumbir, kim, slatki korijen
žitarice:	ječam, osušeni krupnik
žitarice i trave:	heljda, riža

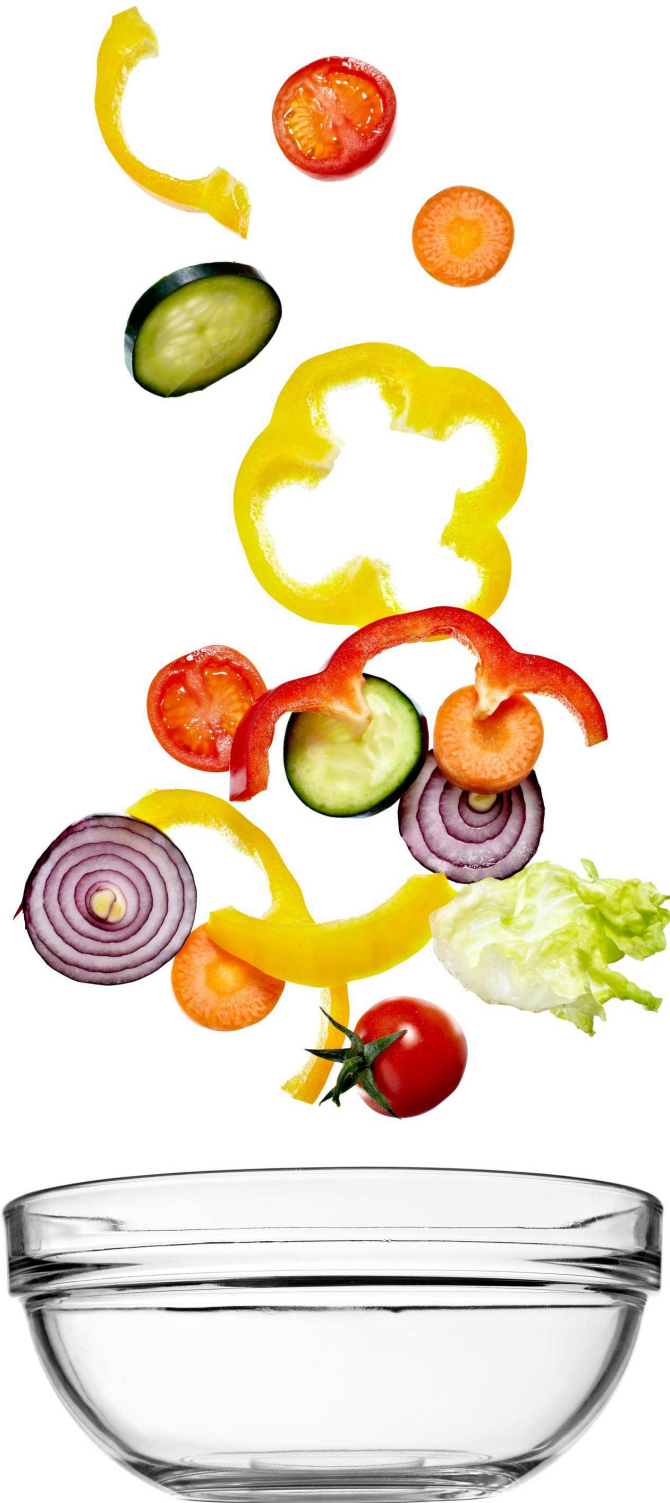
Lista IgG-negativnih i IgG-pozitivnih nalaza

Hrana kod koje je odgovor IgG antitijela ispod granične vrijednosti.

amarant	američki sir	anis	artičoka	australski orah
avokado	bakalar	banana	bijeli kupus	biserka
bjelanjak	blitva	bob	bosiljak	božikovina, čaj
brašno sjemenki rogača	brašno slatke bijele lupine	breskva	brokula	brusnica
celer	češnjak	chlorella (zelene alge)	cikla	cikorija
cimet	crni papar	crvena ribizla	crveni kupus	cvijet hibiskusa
cvjetača	datulja	dinja	dinja	divlja ruža
đumbir	egipatska pšenica	endivija	estragon	gauda
govedina	grašak	grbaštica	grdobina	grožđe, bijelo
guska	haringa	heljda	hmelj	hokkaido bundeva
hren	inćun	indijski orah	iverak	iverak (halibut)
jabuka	jagode	janjetina	jastog	ječam
jegulja	jelen	jogurt	kadulja	kajenski papar
kaki	kamilica	karambola	kardamom	kava
kelj	kikiriki	kim	kineski kupus	kivi
klinčić	kobilje mlijeko	kokos	komorač	konjetina
kopar	kopriva	koraba	korijander	korijen celera
korijen peršina	koziji sir	kozje mlijeko	krastavac	kravlje mlijeko
krumpir	krupnik	kruška	kukuruz	kupina
kvinoja	leća	liči	lignja	limun
lipa	list crvenog hrasta	ljupčac	losos	lovor
lubenica	luk	malina	mango	marakuja
marelica	maslačak	maslina	matičnjak	medvjedi luk
mlaćenica	mladi luk	mozzarella	mrkva	muškatni oraščić
naranča	nektarina	noj	nori (alge)	ogrozd
okra	orah	origano	osušeni nezreli krupnik	ovčji sir
papaja	papar zeleni	paprika	paprika babura	parmezan
pastrnjak	pastrva	patka	patlidžan	peršin
pistacio	plosnatice (iverak)	plosnatice (solea)	poriluk	prašak za pecivo
prepelica	prokulica	proso	pšenica jednozrna	puretina
rabarbara	radić	rajčica	raž	riječni rak
rimska salata (zelenja)	riža	rogač	romanesko brokula	rotkva
rotkvica	ružmarin	sabljarka	salata kristalka	salata ricasta crvena
sardina	šipak	sir appenzell	sir camembert	sir gruyere
sir tilzit	sirutka	sjemenke bora	sjemenke bundeve	sjemenke lana
sjemenke maka	sjemenke senfa	sjemenke suncokreta	škarpina	skuša
slanutak	slatki korijen	slatki krumpir	smokva	smuđ
sneper (riba)	španjolski zmijak	šparoge	špinat	srna
štuka	švedska repa	švicarki sir	trešnja	trstika
ulje šafranike	vanilija	vlasac	vlašac	zec
zelena salata	zelene tikvice	zeleni grašak	zlatni grah	zrnati sir
žumanjak				

Hrana kod koje je odgovor IgG antitijela iznad granične vrijednosti.

agar-agar	ananas	Aspergillus niger	atlantski som	badem
bijela gljiva	borovnica	bukovača	čaj crni	čaj zeleni
crni kumin	cvijet lavande	dagnje	divlji vepar	gljive
grah crveni	grejpfrut	guargrah	izdanci bambusa	jeruzalemske artičoke
kakao zrno	kamenice	komarča	kombu	kozice
limun	lisička (gljiva)	lješnjak	mandarina	matovilac
med	morska trava	morski hrast (arama)	pasja ruža	pekarski kvasac
pepermint	piletina	pivski kvasac	pšenica	rooibos, čaj
rukola	šafan	savojski kupus (kelj)	sezam	shiitake gljiva
sjemenke kumina	slatki kesten	šljiva	soja	spirulina
svinjetina	timijan	tuna	uljana repica	vrijesak
zelene mahune	zob	žuti vrganj		



Recipe proposals

Test number:

The nutritional recommendations in this brochure are based on your test result and your health history form. The test does not detect IgE allergic reactions. The recipes in this brochure consider and include the allergens (Type IgE) that you have conveyed in your health history form.

Barley Waffle with Jam

Makes 10 Waffles.

In a bowl with lid, mix

200g barley flour,
200g barley flakes,
4 TBSP poppy seeds,
1 pinch of sea salt
600 ml bubbly mineral
water

and into a smooth dough. Let sit for one hour or over night.

If the dough is too thick after sitting, add some more bubbly water.

Heat and grease the waffle iron. Place one ladle of dough into the iron and bake until no more steam rises up from the iron.

Spread the warm waffle with
butter
and
fruit jam.

You can store the dough in the refrigerator in a tupper with lid for up to 5 days.

Waffles taste best when they are freshly baked.

Buckwheat Grits

Grind

100 g buckwheat
220 ml water
1 pinch of sea salt

coarsely. Bring

to a boil and slowly add buckwheat while stirring strongly. Season with
and let simmer for 10 minutes.

Steamed apples, apricots or cooked leeks and carrots go well with this dish.

Corn Grits with fresh herbs and Olive Oil

Cook

Polenta
a bunch of fresh herbs
some olive oil

(Corn-Grits) according to instructions. Add
of the season and that you like, add
and mix well.

Lentil Pancakes

150 g red lentils
300 ml Water
1 pinch of salt

Soak
for 3 hours or over night. Throw away the water and add
to the lentils with

Blend in Blender or Mixer for 3-4 Minutes until the dough is smooth.

In a frying pan heat

oil

and add a little lentil dough. Bake (flat) Pancake 3-4 minutes from each side.
Serve hot, sweet or hearty or fill as wrap.

Light Breakfast

1 avocado.

Halve and remove the seed of

Sprinkle with some salt.

1 - 2 apples

Quarter

and remove the cores.

1/2 lemon.
sea salt

Dice the avocado and the apples into bite sized pieces and mix in a bowl with
the juice of

Season with more

if desired. This is a fast, easy and filling breakfast.

Polenta

0,5 l water
130 g polenta - corn
meal
1 pinch salt

Bring

to a boil. While stirring add

with

some olive oil
butter

. Let Polenta cook for another 15 minutes, constantly stirring. When done,
add

or

to taste.

One Variation could be: Spread the cooked Polenta in a tray, let cool. Cut
into squares and bake from both sides in oil or butter. Very tasty!

Quinoa-Millet Waffle with Eggplant Spread

200 g	quinoa	Cook
400 ml	water	in
		for 20 min until done.
		Add
200 g	millet flakes,	
200 g	millet flour	and
1 pinch of	salt.	Mix well. Add
600 ml	water,	until the dough is thick, but not lumpy anymore.
		Bake waffles in iron 8 to 10 minutes, until no more steam rises up from the waffle iron.
		Peal and dice
2	onions,	simmer in a pan with
2 TBSP	oil	until glazed. Dice
1 small	eggplant.	Dice
1	red bell pepper.	Add eggplant and bell pepper to the glazed onions.
		Stir-fry for 10-12 minutes an place in a blender.
		Roast
2 TBSP	sunflower seeds	in a pan without oil, stirring constanly till golden brown and fragrant. Add the seeds plus
50 g	sun dried tomatoes in oil	to the blender.
		Puree the ingredients into a smooth paste. Eventually add
some	water	if the spread is too dry or too thick.
		Spread Eggplant paste on warm waffle and enjoy!

Rice Waffle with Cherry Jam

		Makes eight waffles.
		In a large bowl with lid, mix
200 g	whole grain rice flakes	with
200 g	whole grain rice flour.	Add
350 ml	water	and
1 pinch of	salt	stirring well until dough is completely mixed.
		Let dough sit for several hours or over night, adding some water the next morning if dough becomes too thick.
		Heat waffle iron and grease well. Place
1 ladle	rice waffle dough	into waffle iron and bake for 4-6 min until no more steam arises from the iron.
		Spread waffle with
some	butter	and
	cherry jam	and enjoy while waffle is warm.

Rye-Spelt-Amaranth-Bread

Heat the oven to 200°C

Mix

200 g	rye flour,	
200 g	spelt flour,	
150g	amaranth,	(popped),
6 TSP	cream of tartar	
	baking powder,	
2 TSP	salt	and
1 TSP	caraway.	Stir in
600 ml	mineral water	and let sit for 30 minutes. Then fill into a bread baking pan and bake for 60 minutes.

Simone Barth's Spelt Bread

Preheat the oven to 200°C (circulating hot air).

In a bowl, mix

750 g	spelt flour,	
600 ml	water	(lukewarm),
70 g	sunflower	
	seeds,	
1,5 TSP	salt	
30 g	cream of tartar	and knead for about 7 - 10 minutes. It is normal that the bread dough is even
	baking powder	more liquid as usual bread dough.

Fill the dough into a greased bread pan and moisten the dough-top with water. Bake the bread at 200°C for 15 minutes and then lower the heat to 160 °C and bake for 50 more minutes. (I always place a cup of water into the oven, making the bread crispy as it bakes.)

When done, remove from oven, let cool on a wire rack for 10 min. Take the bread from the pan and continue to let it cool off.

Snowflake Fruit Salad

Feeds two.

Peel and cut

1	persimmon,	
2	kiwis,	
2	pears,	
1	apple,	
1	banana	into bite sized pieces. Add juice of
1/2	lemon	and also
30 g	linseed,	
20 g	coconut flakes	and
1,5 TBS	sunflower oil.	Mix all ingredients well, decorate with some fresh herbs and enjoy as a wonderful start into your day!

Spelt Waffles

Makes 6 to 8 waffles.

Mix the dry ingredients:

200 g spelt flour
2 TBLS cream of tartar and
1 pinch of salt.

Add

400 ml sparkling water and stir until dough is smooth. Let dough sit for two hours or over night in the refrigerator. Oil waffle iron. Let waffle bake 3 to 5 minutes, until no more steam arises from the waffle iron.

If you open the iron too early, the waffle will tear apart and it will be very difficult to get the pieces out of the waffle iron.

It pays off to be patient. Only open the iron when there is no more steam rising from the waffle iron. Use a wooden skewer to help remove the waffle.

Sweet Potato Breakfast

Wash and bake

1-2 Sweet Potatoes in the oven at 180 degrees celcius for 40 to 60 minutes until soft when pricked with a fork.

Cut the baked sweet potatoes in half and season with your choice of topping: cinnamon, nutmeg, a spoon full of nut butter or sprinkle with linseed meal.

Then enjoy the sweet potato by spooning the flesh out of the skin. For organic produce, the skin can be eaten, if it is soft enough.

Vegetable Waffles

Grate fine the following ingredients:

1 zucchini
1 carrot.

Dice

Mix the vegetables with

1 onion.
1 cup riceflour,
1 cup riceflakes,
1 pinch sea salt
1,5 cups water.

and

Add a little more water, if dough is too thick and dry.

Mix ingredients into a firm dough and bake in oiled waffle iron for 7 to 10 minutes, until no steam rises from the iron.

Do not open the waffle iron too early, then the waffle will tear apart and it will be a mess to get the pieces out of the iron.

Using a wooden skewer, is helpful and does not damage the waffle iron, as a knife or fork would.

Patience will pay off!

Carrot Pan Cakes

		Feeds two.
		Grate
300 g	potatoes	and
200 g	carrots.	Cut
2 rods of	leek	into very thin and tiny stripes.
		Mix the vegetables together with
3 TBSP	potato flour	and
1 pinch of	sea salt.	With moist hands form little pan cakes and fry in hot
	oil	until golden brown. Place on a kitchen towel to drip off excess oil. Serve warm.

Florence Fennel with Polenta

		Feeds two.
		Heat
300 ml	water	and
1/3 TSP	sea salt	in a pot, bring to a boil.
		Slowly stir
80 g	polenta (corn grits)	into the cooking water. Turn down the heat and simmer for another 15 min, stirring occasionally.
		Mix
1 TBSP	butter	and
2 TBSP	fresh herbs	into the polenta and simmer for another 5 min.
		Wash and cut
2 bulbs of	fennel	in half and then into thin stripes. Put aside the fennel-green to garnish the dish in the end.
		Peel and chop
1 clove of	garlic	and fry in
2 TBSP	olive oil	in a pan.
		After 2 min add the fennel and season with
1 pinch of	sea salt.	
		When Fennel is done, arrange polenta and fennel on a plate, garnish with fennel green and enjoy for lunch.

French Fries

		Heat the oven to 180°C
		Peel and cut
200 g	potatoes	into French Fries. Grease the baking tray with
	butter	and place the Fries on it. Trickle
some	butter	over the Fries and season with
	salt.	Bake for 30 minutes or until golden and crisp.

Hartmuts Hearty Lunch Soup

Using only the white part of the leeks, wash and slice		
2	thick leeks	and stirr fry them in
some	oil and salt	for 3 min and leave in the pot, set aside.
Peal and dice		
4	big parsley roots	add to the leeks and cover the vegetables with
	rice milk	. Now simmer to cook for 15 - 20 min, until roots are soft.
	green part of leeks	While soup is cooking wash and finely cut
		and stir fry in a pan for 5-8 min with
1 - 2 TBLSP	oil	. Set aside.
		Blend the leeks and parsley roots in a food processor untill creamy, adding
	salt	to taste.
Fill soup into bowls, garnishing with fried green leeks.		
Serving with rice waffles or rice crackers.		

Hokkaido-Risotto

Feeds four.		
Wash, do not peel, seed and dice a		
	hokkaido pumpkin	with about 500 g.
Peel and dice		
1	onion	and fry it in
4 TBSP	olive oil	until glazed. Add
1 pinch of	sea salt	and the bite sized pumpkin cubes and stir fry for 3 min. Add
1,3 L	water	and cook for 25 min until pumpkin is soft and puree with a hand blender.
Now add		
200 g	whole grain rice	and cook for another 30 min, stirring constantly. If the risotto is too thick, add a little more water.
Serve hot with		
fresh chopped	parsely	and
fresh ground	black pepper.	

Lentil Burger

Feeds two.

Soak

200 g	lentils	in water over night. The next day pour off the water and cook lentils in
500 ml	water	until done. Pour off the water and set lentils aside.
		Peel and dice
100 g	onions.	Cut
100 g	leek	into rings. Grate
100 g	carrots	and chop
100 g	herbs	of your choice finely. Mix the lentils with all the ingredients and season with
1 pinch of	sea salt,	
some	black pepper,	
some	cayenne	and
8 TBS	rice flour.	The mass is very sticky. Use moist hands or kitchen processor to mix. Heat
	cooking oil	in a pan and fry little burgers from the dough.
		Preparation time: 30 minutes

Parsnip Burgers

Peel and grate

500 g	parsnip	coarsely. Wash and cut
100 g	leek	finely. Mix parsnip and leek with
6 TBS	rice flour	and
	water.	Add as much water as needed to make a thick dough. Take little portions
		from the parsnip-leek-mass and form small burgers. Place those in a pan
		with hot
	cooking oil.	Bake burgers from both sides until golden-brown, place on kitchen paper to
		get rid of oil, then serve right away.
		Variation: Instead of using parsnip you can use carrots.

Potato Fritters with Bell Pepper Salsa

Nice party dish - finger food.

Preheat the oven to 200°C. Place parchment paper on the baking tray.

Mix

3 TBSP	oil,	
1 TSP	cayenne	
	pepper,	
1/2 TSP	sea salt	in a large bowl.
		Peel and cut
800 g	sweet potatoes	lengthwise like thick french fries or fritters. Place into the bowl with the spicy oil and mix until the sweet potatoes are well covered.
		Place the sweet potatoes onto the lined baking tray and bake them for 25 to 30 min until golden-brown and crispy.
		While the fritters are baking:
		wash, halve, deseed and cut
2	red bell	Peel and dice
	peppers.	
2	onions.	Bring
100 ml	water	to a boil and place bell peppers and onions in the water, simmer for 10 min.
		Puree the salsa with mixer or hand blender, if the thin, continue cooking uncovered, to thicken it.
		Season with
3 TBSP	lemon juice,	
1/2 TSP	sea salt	and
1 bundle	parsely	chopped fine.
		Let the potato wedges drip dry on paper towel, serve together with salsa.

Spicy Cucumber Salad

Feeds one to two.

Wash

1	cucumber	and cut into thin slices. Place in a bowl. Juice
1	lemon	and pour the lemon juice over the cut cucumber. Season with
1 pinch of	salt	and
1/4 TSP	cayenne	Stir the ingredients well and let sit for 20 min before serving.
	pepper.	

Spinach Salad with Lemon Dressing

Feeds one.

Wash, dry and remove the hard shafts of

Make a dressing from the juice of

100 g	spinach.	
1/2	lemon,	
25 ml	oil	and
1 pinch of	sea salt.	Mix well. Roast
2 TBLSP	sunflowerseeds	in a dry pan and mix with the leaves and dressing.

Tomato-Fennel-Salad

Feeds four as a side dish.

Wash and slice

250 g	tomatoes.	Slice
200 g	fennel	very thin with a vegetable planer. Mix
2 TSP	lemon juice	and
2 TBS	oil.	Mix all ingreadients together and season to taste with
1 pinch of	sea salt.	

Tomato-Millet with Onion

Wash

250 g millet. Then roast/dry it in a pan with no oil.

Peel and dice

1 onion and fry in

2 TBS oil. Add the cleaned and dried

millet, cast with

500 ml water and cook for 15 minutes until soft. Add

1 TBS tomato paste and season to taste with

1 TSP butter and

1 pinch of sea salt.

Vegetable Pie

Feeds four.

Soak
in

250 g corn grits
(polenta)

500 ml water

1 pinch of sea salt

40 g butter

5 carrots.

1 rod leek

and

for 1,5 hours. Bring to a boil and cook for 5 min, turn off heat and let sit for another 15 min, stirring

into the hot corn grits.

Preheat oven to 220° C.

Peel and slice

Wash and cut

into thin slices. Steam the vegetables in salt water for 4 min. Take out of the water.

Grease a casserole dish. Fill 1/3 of the corn grits into the dish. Cover the corn grits with half of the steamed vegetables.

Now cover the vegetables with 1/3 of the corn grits. Place the other half of the vegetables onto the second layer of corn grits.

Cover the vegetables with

20 g butter flakes.

Top the butter flakes with the rest of the corn grits.

Now prepare a sauce: Heat

40 g butter

and add

40 g fresh, chopped

parsley.

Distribute the sauce over the pie and bake in the oven for 25 min.

Enjoy.

Watermelon Gazpacho

Peel, seed and dice

900 g watermelon

2 tomatos

1 bell pepper.

1 small onion.

into coarse pieces. Also seed and dice

and

Peel and dice

Put all ingrediens into a high blender and puree with

2 TBS olive oil.

Chop

1/2 bundle fresh

cilantro

finely and add to the soup. Season to taste with

salt

and

pepper.

For cooling, put the Gazpacho into the refrigerator for 2 - 3 hours . This soup is perfect to cool down on hot days!!!

Baked Chicory

2-3	chicory	Use 2 to 3 chicory per person.
	oil	Wash, dry and halve
	salt.	lengthwise. Place on oven tray. Coat wit a mixture of
		and
		Bake in oven for 30 min at 170° C or until tender.

Borscht - Red Beet Soup from Russia

		Feeds four to six.
		Peel and dice
1 large	onion.	Clean and cut
1 rod	leek	into small pieces. With rubber gloves, peel
350 gr	red beet root	and cut into slices. Peel and dice
1/2	celery root.	Peel and cut
150 gr	carrots	into thicker slices. Wash and cut
450 gr	white cabbage	into thin stripes.
		Heat
4 TBSP	oil	in a big pot, fry the onions. When they are glazed add the rest of the
		vegetables, stirring constantly.
		After 4-5 min fill the pot with
2 L	water.	Season the soup with
2	bay leaves,	
1 1/2 TSP	paprika spice,	
1 pinch of	sea salt	and
1/2 TSP	ground nutmeg.	Cook the soup until vegetables are tender, about 30 min. In the end remove
		the bay leaves and garnish the soup with
fresh	parsley	finely chopped.

Broccoli Soup for Dinner

500 g	broccoli	Wash and cut
		into flowerets.
		Peel and dice
2	onions.	Wash and slice
1 rod of	leek	lenthwise and then into thin strips.
		Fry the onions and the leek in
3 TBS	oil	and
1 pinch of	sea salt	until glazed. Add the broccoli and stir fry for 2 min.
		Fill the pot with
750 ml	water.	Cook the broccoli until soft.
		Purée the soup with a blender or mixer until creamy. Bring to a boil before
		serving. Garnish the soup with ground
	black pepper.	Serve hot. Freezes well.

Carrot and Leek Dinner

		Feeds two.
		Wash, peel and cut
400 g	carrots	into slices. Wash and cut
1 rod	leek	into thin rings. Heat
2 TBSP	oil	in a pan and stir-fry the leek for 2-3 min. Add the carrots, stir-fry for another
		2-3 min. Add
3 TBSP	water,	cover the pan and let simmer on medium flame for 10 min, until veggies are
		done. Enjoy hot as an evening meal.

Celery Root

		Wash, peel and dice
250 g	celery roots	. Dice
1	onion.	Heat
1 TBS	oil,	fry onions until glazed, add the celery root. Dice and add
1 big	tomato.	Stir fry until celery root is done. Season to taste with
	salt.	

Eggplant stew

		Peal and dice
1	onion	and
1 - 3	garlic cloves	
		wash and dice
2	eggplants	and
800 g	tomato	
		Heat
	olive oil	in a pan and fry the onion and galic with the eggplant for 3-5 min. Add the
		tomato and let simmer for 12 - 15 min.
		Season with
	salt	
	cayenne pepper	and decorate with some
	basil leaves.	
		This eggplant stew is a good dinner meal. It also can be eaten for lunch with
		rice or potaoes.

Fennel-Tomato Dinner

		Feeds two.
		Peel and dice
1 clove of	garlic.	Wash and cut
3 bulbs of	fennel	into bite sized pieces.
		Wash and dice
4	tomatoes.	Heat
2 TBSP	oil	in a pan and stir fry the vegetabels for 5 min, seasoning them with
1 pinch of	sea salt.	
		Add
5 TBSP	water	and let simmer for 15 min. until fennel is done. Enjoy hot.

Green Fennel Soup

		Feeds four.
		Thaw
250 g	frozen spinach.	Wash, clean and dice
800 g	fennel	into bite sized pieces.
		Peel and dice
1	onion	and
2 cloves of	garlic.	Stir fry the onions and the garlic together with
1 TBSP	oregano	in
2 TBSP	olive oil	for 5 min. Add
1,5 L	water	and the fennel. Cook for 15 -20 min until the fennel is almost done. Add the spinach and cook for the last 5 min.
		Season the soup with
1 pinch of	sea salt	and
1 pinch of	pepper.	Puree the soup till creamy and smooth. Serve it in soup plates and garnish with some
drops of	olive oil.	Enjoy!

Pan Vegetables from Karl Heinz

		Wash and cut
2	carrots,	
1 rod	leek,	
1 rod	Leek,	
1	fennel	and
10	brussel sprouts	into bite sized pieces.
		Peel and dice
1	parsley root	and
1	sweet potato.	
		Heat
some	oil	in a pan. Press
2 gloves of	garlic	into the warm oil and sear for a moment. Add the other vegetables and stir-fry for 15 minutes. Season to taste with
	salt	and
	pepper.	

Pumpkin Soup

		Feeds four.
		Peel and dice
2 large	onions.	Wash, seed and dice (with peel)
1 kg	hokkaido pumpkin.	Heat
3 TBS	oil	in a pot. Add and fry onions until glazed, add the pumpkin and stir fry for 8-10 minutes. Cover the vegetables with
	water	and cook for 30 minutes. Puree the soup and season to taste with
	salt	and
	nutmeg.	

Pumpkin Vegetable

		Feeds four.
		Wash, seed and cut
1 kg	hokkaido pumpkin	into bite sized pieces. Peel and cut
2 large	onions	into thin slices. Heat
4 TBSP	oil	in a pan. Add and fry onions until glazed. Add the pumpkin and stir fry for 3 min. Add
8 TBS	water	and cook with closed lid for 15 minutes until tender, stirring occasionally. Season to taste with
	salt.	

Rosemary Vegetable

Feeds two.

Wash and cut

1 kg	vegetables of your choice	(example: zucchini, bell pepper, fennel) into big pieces. Wash and chop
2 branches	rosemary	and
1/2 bundle	parsley.	Wash and cut
1 untreated lemon		into splits. Mix vegetables with herbs, whole lemon splits and
4 TBSP	olive oil.	Cook together in a big grill pan for about 10 - 15 minutes. Season to taste with
	salt	and
	pepper.	Serve hot or cold.

Snow peas with red pepper

Feeds one.

Peel and dice

1 TBSP	ginger	and
1 clove of	garlic.	Set aside.

Peel and cut

1 big	onion	in half and into slices. Cut
1	red pepper	into stripes. Wash

180 g	snow peas.	Heat up
-------	------------	---------

2 TBSP	oil	in a pan. Add onions and garlic, stir fry until glazed. Add pepper and ginger and continue to stir-fry, constantly stirring for 4-5 min. until the vegetables are almost done.
--------	-----	--

Now add

	snow peas.	Fry for two more minutes until the snow peas are bright green. Add
1 pinch of	salt	and
1 TBS	water	and mix it well.

Enjoy!

Sweet Vegetable Mash

For 2-3 servings

Wash, peel and dice

3-4 Carrots

2-4 Kohlrabi and

1 Sweet Potato

In a pot with boiling water add Kohlrabi. 3 minutes later add Carrots and Sweet Potato pieces.

Cook veggies until tender, about 15-20 minutes.

Pour off water but keep at vegetable broth.

Now season the vegetables with

50 g Butter and some of the vegetable broth, mix and mush into a good mashed vegetable dish.

Serve hot.

Very tasty with Brussle Sprouts, Sauerkraut, cooked leek or Spinach.

Apple filled Potato

Feeds three as a snack.

Preheat the oven to 170° C.

Wash and halve

6 large potatoes

lengthwise. Bake in the oven for 35 min. Remove from the oven and let them cool off.

Prepare the filling:

Peel and dice

3 apples

3 onions

and into small pieces.

Heat

3 TBSP butter

2 TBSP water

and in a pan and simmer the apples and onions in the butter until glazed, for about 7-10 min.

Hollow out the potatoes and mix this with the filling while it is cooking. After 15 min fill the filling into the potato halves.

Place

butter flakes

onto the filled potatoes and bake at 170°C for another 10-15 min.

This dish tastes well on cold days as an afternoon snack.

Baked Carrots

For one.

Wash and clean

4 carrots.
1 TBSP oil
herb salt.

Place them on the baking tray and baste with a mixture of and

Bake in the pre heated oven at 180° C for 40 min or until done.

If you want them to look and taste like french fries, turn up the heat for the last 7 min.

Coconut-Banana-Cookies

Preheat oven to 160° Celcius, circulating air.

Lightly and carefully roast

200 g grated coconut

until golden, about 5 minutes.

Mash

2 ripe bananas

with a fork.

In a bowl mix the 2 ingredients.

Spread the mixture in small piles on a baking sheet with baking paper and bake for 20 minutes in the oven.

Let cool on rack.

When they come out of the oven they are still very soft and fragile.

When cooled they store well in a glass or tin can in the refrigerator.

Exotic Smoothie

Juice

- 3 apples,
1 mango and
2 passion fruits. Fill into 2 tall glasses, add 1-2 ice cubes and garnish with some apple slices.

Green Frog

This green smoothie is stimulating and purifying the metabolism.

Juice

- 175 g carrots,
75 g celery stalk,
100 g spinach,
100 g bib lettuce and
25 g parsley. Serve in a tall glass and garnish with parsley leaves.

Karamba

An instant boost for your immune system!

Juice

- 250 g broccoli,
175 g carrots,
50 g red beets and
1 twig cilantro. Serve in a tall glass and garnish with some cilantro leaves.
Enjoy.

La La Verde

Juice

- 2 big apples,
1 celery stalk,
1/2 lemon with the peel and
1 kiwi. Mix the juice with
1 small avocado in a blender for 20 seconds. This is a very refreshing smoothie. Before serving garnish with kiwi slices.

Mango Cream from Karin Bellof I

1 very ripe	mango	Use
200 ml	coconut milk.	or canned mango, sugar-free. Dice the pulp coarsely and puree with
1 TBS	lemon juice.	Season to taste with
1 pinch of	cardamom	Fill into small bowls and sprinkle
		(ground) over the fruit puree.
		Before serving place into the refrigerator for at least 30 minutes.

My Time

100 g	blackberries	Use a high-grade juicer. Juice
1/4	cantaloupe	fresh or frosted
2	kiwis.	and
		Mix with 2 ice cubes and decorate with blackberries. The drink has a high
		content of vit. C, calcium and magnesium. It is a wonderful energy source!!!

Popcorn with Salt

4 TBS	oil	Pour
1/2 TSP	salt	and add
5 TBS	popcorn corn.	into a big pot with lid. Cover the bottom with
		Put lid on pot and let the corn pop at medium to high heat.
		Important: Leave the lid on the pot until it is quiet otherwise the popcorn will
		fly through the whole kitchen.

Popped Buckwheat

3 TBLS	oil.	Popped buckwheat is like pop corn. It can be eaten as a snack, sweet or salty
	buckwheat.	or can be used as cereal.
		Use a large pot and cover the bottom of it with
		Heat the pot and cover the bottom of it with
		Place the lid on pot and let the buckwheat pop, while shaking the pot to avoid
		burning the buckwheat.
		This popped buckwheat can be eaten with rice- or oat- drink as cereal or
		used in muesli.

Quick Fruit Balls

		Seed and soak
50 g	dates	in warm water for two hours.
		Remove stick and soak
50 g	figs	in warm water for two hours.
		Pour off the water, and puree soaked fruit in a blender. Add
30 g	buckwheat flour	and knead together with
2 TSP	oil	until it is a tender dough. With moist hands, form small ball place them in paper cuffs. Store the fruit balls in refrigerator.

Sun Rays

		Snack for two.
		Hull and cut
125 g	strawberries	into small pieces. Peel and dice
1	mango	Place the cut fruit together into the freezer for 5 hours. Afterwards mix them with
300 ml	orange juice	in a blender until it is a thick mass. Garnish with mango pieces. Very tasty afternoon snack on a hot summer day!

Tex-Mex-Salad

		Peal and crush
1 clove of	garlic	with
4 TBSP	olive oil	
2 TBSP	lemon juice	
1/2 TSP	salt	and
some	pepper.	Mix well and set the marinade aside.
		Remove seeds from
1	red bell pepper	and cut into strips. Peal and remove seed of
1	avocado,	cut into cubes. Add
1 glas of	sweet corn	and mix the ingredients with the marinade.
		Serve with black beans, chili con carne or corn tacos.

Avocado Cream

1 avocado.
1/2 lemon
1 pinch of salt.

Cut open and remove the seed of
Spoon the avocado out of the shell. Mix it with the juice of
and
With a fork mash the mixture to a delicious cream.
Good on waffles, as a dip for veggie sticks and with salad.

Avocado Salad Dressing

1 avocado
1 cucumber
3 TBS lemon juice
some water.
salt

Cut and peel
then remove the seed. Place avocado into a mixer together with
(wash or peel cucumber).
Add
and puree with
Use
to season.
This is a wonderful, filling salad dressing.

Bell Pepper Boats with Artichoke-Caper-Filling

Drain
1 can artichoke hearts in a sieve and puree with
1/2 onion, (peeled and diced)
2 TBS small capers, (potted in brine or oil)
1/4 cup parsley (fresh, chopped),
1 TBS mustard seeds,
1 TBS oil,
1 TBS fresh basil and
1 TBS paprika spice for short until it is a coarse paste. Halve
2 bell peppers, seed and remove white webs. Cut every halve of the bell pepper into 3 boats
evenly, fill the self made paste into the little boats.

Bolognese Meat Sauce

		Feeds two.
		Peel and dice
1	onion.	Wash
1 stalk of	celery	and cut it into fine strips.
		Wash and peel
1	carrot	and cut it into little pieces.
		Heat
40 g	butter,	
2 TBS	olive oil	and
1 pinch of	salt	in a pot and fry the onion in it until it becomes glazed.
		Add the celery and carrot and stir for 1 min.
		Now add
250 g	beef minced meat,	
1 pinch of	sea salt	and
some	black pepper.	
		On medium flame, fry the meat while stirring into the vegetables for 8 -10 min. Now add
2 TBS	tomato paste	and
2-3 TBS	water.	Mix well while cooking for another 1,5 hours on very low flame. If the sauce is too dry, add a little more water.
		Bolognese Meat Sauce is eaten with noodles or rice for lunch.

Eggplant Dip

		Wash
4	eggplants	dry and prik with a fork once around the fruit. Bake in a casarole dish in the oven at 180° Celcius für up to 1 hour, until done. Let cool for 10 min, cut open and spoon out the pulp, placing it into a mixer.
		Fry
4 -7	garlic cloves	in oil and add to mixer. While blending add the juice of
1	lemon	and
20 ml	olive oil	Season with
	salt.	Enjoy as a dip with sliced vegetables, corn chips or waffles.

Lentil Paté

1 cup	red lentils	Wash
3 cups	water	and cook in
1 small	onion	together with
2	bay laurel leaves	(chopped) and
		for 10 min, stirring occasionally.
		Remove the bay leaves and pour into a sieve, let drip dry.
		In
2 TBSP	oil	stir fry
3 crushed	cloves of garlic	for 3 - 4 min. Place in a blender and mix together with the lentils and onion.
		Add
4 TBSP	lemon juice,	
3 TBSP	cold pressed oil,	
2 TSP	tarragon	and
1/2 TSP	sea salt.	Mix the ingredients into a creamy paté.

Mango Salsa

		Peel and dice
1 ripe	mango	and
1 small	papaya.	Chop
1 bundle	cilantro	and
1	onion	(red) finely. Chop all ingredients with
4 TBS	orange juice	in a kitchen processor coarsely. It is very delicious salsa and very tasty with corn chips or raw vegetables.

Mayonnaise II

		Mix
3 TBS	lemon juice,	
75 ml	rice milk,	
1/4 TSP	mustard seeds,	
1 pinch of	salt	and
1 pinch of	paprika spice	in a kitchen processor on low stage. Add
6 TBS	oil	drop by drop until it is a thick mass. Store in a glass jar in the refrigerator.

Minced Meat for Tomato Sauce

		Roast
150 gr	pumpkin seeds	in a pan without oil. Peel, dice and fry
1 glove of	garlic	in a pan. Cut
6	dryed tomatos	with scissor into small pieces. In a mixer, blend pumpkin seeds, garlic and tomatos with
1 ladle of	boiled wild rice (black)	until the texture becomes chunky and well blended. This is a substitue for minced meat.

The paste has a similar consistancy as fried minced meat sauce. Mix with a pure tomatosauce to create a "Bolognese-Sauce".

Quick Tomato Sauce

		Place
6	tomatoes	into a bowl with boiling water for 2 min. Peel, seed and dice the tomatoes. Cook them together with
4 TBSP	olive oil,	
2 gloves of	garlic,	(crushed)
1 bundle of	parsley	(finely cut) and
1 pinch of	salt	in a pot without lid on medium heat for 10 minutes.

Serve the hot sauce over cooked rice or noodles.

For a stronger tomato flavour, boil the sauce on high heat for 10 more minutes. It is important to stir often so that the sauce does not burn.

Salad Sauce, fresh and tasty

		Puree
1/2	papaya	(fresh)
225 ml	orange juice	(freshly squeezed)
50 g	linseed	with a hand blender until creamy.

Serve over lettuce, to cooked potatoes or rice, use as a dip for veggie-sticks.

Salsa

		Place into food processor or blender
2	tomatoes,	chopped
1/2	yellow bell pepper,	chopped
1 pinch	cayenne pepper,	
50 g	onions,	chopped
1	clove of garlic,	pealed and chopped plus the juice of
1	lemon	and
1 pinch of	salt.	
250 g	corn cernels (canned)	Mix ingredients until chunky sauce. Add and serve with Corn Chips or with cooked beans.

Spinach Sauce

		A sauce or soup for three to four.
		Wash and put
800 g	spinach	without draining into a pot and stew for 5 minutes. Then drain and squeeze the spinach as much as possible.
40 g	butter	Puree the spinach with a blender. Melt
250 ml	rice milk.	and add spinach puree and
		Mix well. Cook at medium heat, stirring occasionally.
		Use some rice flour if needed for thickening the sauce and cook for 10 more minutes.
1 pinch of	sea salt	Remove from the hot plate and season to taste with
1 pinch of	pepper.	and
		Serve the sauce to pasta, rice, millet or quinoa.

Tete`s Avocado Cream

		Puree
2	avocados	with the juice of
1	lemon	
1 glove of	garlic	
1 pintch of	salt	and
1/4 TSP	cayene	with a hand blender. Dice
1/2	onion	finely and add to the avocado cream.
		Dish the avocado cream on
4	salad leaves.	Serve with vegetable sticks, corn or potato chips as a dip.