LAICA

Mediterranean Lentil and Vegetable Soup

Serves: 2
Ingredients:
- 120 g dried lentils (red or hulled for easier digestion)
- 1 medium carrot
- 1 celery stalk
- ½ yellow onion
- 150 g peeled tomatoes or tomato purée
- 1 tbsp extra virgin olive oil
- 1 bay leaf or a sprig of rosemary
- 600 ml vegetable broth (homemade or low-sodium)
- Sea salt and black pepper to taste
  Optional: a pinch of turmeric for an extra anti-inflammatory touch.

Quinoa, Spinach and Turmeric Soup

Serves: 2
Ingredients:
- 80 g quinoa (well rinsed)
- 1 large handful of fresh spinach (about 100 g)
- ½ onion
- 1 small piece of fresh ginger (about 1 cm)
- ½ tsp turmeric powder
- A pinch of black pepper (to activate the turmeric)
- 1 tbsp extra virgin olive oil
- 600 ml vegetable broth
- Sea salt to taste
- Juice of ½ lemon (added at the end to alkalize)
  Creamier version: add 1 tbsp of almond milk.

Green Detox Soup (Broccoli, Celery, Zucchini, Parsley)

Serves: 2
Ingredients:
- 1 small broccoli (about 250 g)
- 1 large zucchini
- 1 celery stalk
- ½ white onion
- 1 small bunch of fresh parsley
- 1 tsp extra virgin olive oil (added raw after cooking)
- Juice of ½ lemon
- 600 ml water or light vegetable broth
- Sea salt to taste
  Extra detox boost: add a couple of kale leaves or a pinch of turmeric.

Pumpkin and Ginger Velouté

Serves: 2
Ingredients:
- 400 g peeled pumpkin
- 1 carrot
- ½ onion
- 1 tsp freshly grated ginger
- ½ tsp turmeric (optional)
- 1 tbsp extra virgin olive oil
- 500 ml vegetable broth
- A pinch of nutmeg
- Salt and pepper to taste
  For a silkier texture: add 2 tbsp almond milk.

Cauliflower and Leek Velouté

Serves: 2
Ingredients:
- ½ cauliflower (about 300 g)
- 1 large leek (white part only)
- 1 small potato (for body and creaminess)
- 500 ml vegetable broth
- 1 tbsp extra virgin olive oil
- 1 tbsp Greek yogurt or plant-based milk (optional)
- Salt and pepper to taste
  Tip: top with toasted pumpkin seeds or gomasio for a mineral boost

Carrot, Turmeric and Almond Milk Velouté

Serves: 2
Ingredients:
- 4 medium carrots
- ½ onion or 1 shallot
- 1 tsp turmeric powder
- A pinch of black pepper
- 1 tsp grated ginger
- 250 ml unsweetened almond milk
- 250 ml vegetable broth
- 1 tbsp extra virgin olive oil
- Sea salt to taste
  Anti-inflammatory finish: drizzle with olive oil and a few drops of lemon juice before serving.

Berry Milkshake

Ingredients:
- 150 g mixed berries (blueberries, raspberries, strawberries)
- 200 ml almond milk
- 2 tbsp plain Greek yogurt (or plant-based yogurt)
- 1 tsp honey or maple syrup (optional)
- 1 tbsp chia seeds (optional, for extra fiber)
- Ice cubes

Banana, Oat milk & Protein Milkshake

Ingredients:
- 1 ripe banana (preferably frozen)
- 250 ml oat milk (or any plant-based milk)
- 30 g rolled oats
- 1 tbsp almond butter (or peanut butter)
- 1 scoop (about 20–25 g) neutral or vanilla protein powder (optional)
- A pinch of cinnamon
- Ice cubes (optional)

Green Superfood Milkshake with Kiwi, Spinach & Almond Milk

Ingredients:
- 2 peeled kiwis
- A handful of fresh spinach (about 30–40 g)
- 250 ml almond milk
- 1 tbsp chia seeds (or flaxseeds)
- Ice cubes

Orange, Carrot & Ginger Juice

Ingredients:
- 2 peeled oranges
- 2 medium carrots, washed and chopped
- 1–2 cm piece of fresh ginger, peeled
- 100 ml cold water (or coconut water)
- A few ice cubes (optional)

Mixed Berry, Apple & Chia Juice

Ingredients:
- 150 g mixed berries (blueberries, raspberries, blackberries)
- 1 large apple, washed and chopped (cored)
- 200 ml cold water (or lightly sparkling water)
- 1 tsp chia seeds
- Ice cubes

Green Detox Juice with Cucumber, Spinach & Kiwi

Ingredients:
- 1 medium cucumber, washed and chopped
- 30–40 g fresh spinach
- 2 peeled kiwis
- 200 ml cold water (or light coconut water)
- A few mint leaves (optional)
- Ice cubes