

# SUSTAINABLE FOOD BOOK

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# WHAT'S INSIDE

Healthy, vegetarian, and vegan recipes, perfect to enjoy with Grapur. Simple, delicious, and sustainable dishes made for sharing, crafted to enhance every sip with nature-friendly ingredients.

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# GREEN BLISS TOAST

PERFECT TO PAIR WITH BIANCO D'ITALIA

## INGREDIENTS

3 slices of whole grain or rye bread  
1 ripe avocado  
Juice of 1/2 lemon  
Salt to taste & pink pepper to taste  
Extra virgin olive oil to taste  
Red pepper flakes (optional)  
Sesame or hemp seeds (optional)

## PREPARATION

Mash half the avocado with lemon juice, salt, and a drizzle of olive oil. Toast the bread until crispy, then spread the avocado cream over the slices. Top with avocado slices and finish with pink pepper, parsley, and seeds of your choice. Enjoy! 🥑✨

## CREATIVE/NON-VEG VARIATIONS

- 🔍 **Protein Boost:** Add a poached or scrambled egg on top of the toast.
- 🧀 **Cheesy Touch:** Crumble some feta or sprinkle parmesan flakes for a stronger flavor.
- 🍅 **Fresh Twist:** Add halved cherry tomatoes for a fresh note.
- 🌶️ **Mexican Vibe:** Add jalapeños and a pinch of cumin for a tex-mex touch.
- 🌰 **Nutty Flavor:** Drizzle almond butter or tahini for a creamier twist.



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# RAINBOW HUMMUS

PERFECT TO PAIR WITH BIANCO D'ITALIA

## INGREDIENTS

250 g of cooked chickpeas  
2 tablespoons of tahini  
Juice of 1 lemon  
1 garlic clove  
2 tablespoons of extra virgin olive oil  
Salt to taste

## COLOUR VARIATIONS

**Orange Hummus:** 1 teaspoon of smoked paprika

**Pink Hummus:** Half a cooked beetroot

**Classic Hummus:** A pinch of cumin

**Green Hummus:** A handful of fresh spinach and a few basil leaves

## PREPARATION

Blend all the ingredients with your chosen variant until you get a smooth cream. Adjust the consistency with water if needed. Serve with a drizzle of olive oil and garnish as desired.



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