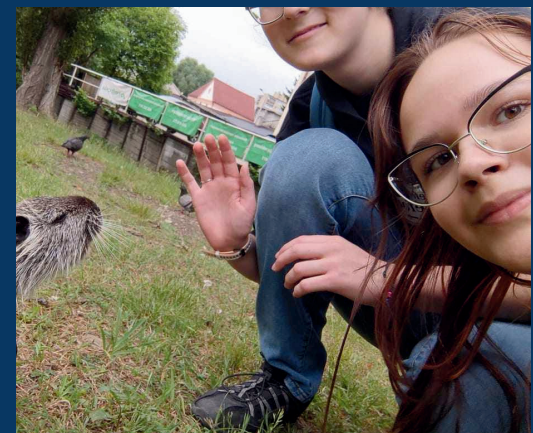


# 2024

Fit here, healthy there, let's do it together



Authors: Oliwia Gierlotka, Agata Pytlík, György Eszter



Partners:



# 01

## Fit here, healthy there, let's do it together

Január | January | Janvier | Styczeń



### Vegetarian Spaghetti

Soften chopped onions in olive oil over medium heat.

Stir in garlic, spices, and tomato paste.

Throw in your favourite vegetables and cook until tender.

Add whole tomatoes and break them up a bit with a spoon.

You want the sauce to be chunky.

Season with fresh basil and oregano, and then simmer the

sauce until it's reduced slightly – somewhere between 10

and 15 minutes.

While the sauce simmers, cook your pasta.

Toss the pasta with the sauce and serve.

1	2	3	4 ★ spaghetti day	5	6	7
8	9	10	11 ★ vegetarian day women's healthy	12	13	14
15 ★ bagel day	16 ★ spicy food day	17	18 ★ weight day	19	20 ★ bigos day	21
22	23	24	25	26	27	28
29	30 ★ hot sauce day	31 ★ croissant day				

Authors: Oliwia Gierlotka, Agata Pytlik, György Eszter



Partners:



# 02

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Február | February | Février | Luty



## Healthy Banana Pancakes

Mash a banana and add an egg and some flour. Stir to combine.

Scoop the batter onto a hot griddle or pan creating small pancakes. Cook for two to three minutes, then flip. Continue cooking until brown on both sides.

1	2 ★ pancake day	3 ★ carrot pancake day	4	5 ★ world nutella day	6	7
8	9	10 ★ vegetarian day	11	12	13	14
15 ★ bagel day	16 ★ spicy food day	17	18 ★ world nutella day	19	20 ★ bigos day	21
22	23	24	25	26	27	28
29						



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Partners:



# 03

## Fit here, healthy there, let's do it together

Március | March | Mars | Marzec



### Chocolate chia pudding

Put 60g of chia seeds, 400ml of unsweetened almond milk or hazelnut milk, 3 tbsp of cacao powder, 2 tbsp of maple syrup, ½ tsp of vanilla extract in a large bowl with a generous pinch of sea salt and whisk to combine. Cover with cling film then leave to thicken in the fridge for at least 4 hours, or overnight.

1 ★ dumplings day	2	3	4 ★ world obesity day	5	6	7 ★ breakfast cereal day
8	9	10	11	12	13	14
15 ★ bakers day	16	17	18	19	20	21
22	23	24 ★ world pudding day	25	26 ★ international spinach day	27	28 ★ jellies day
29	30 ★ world muffin day	31				

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Partners:



# 04

# Fit here, healthy there, let's do it together



Április | April | Avril | Kwiecień



## Healthy Carrot Cake

Whisk 2 cups of almond flour, flax, 1tsp of baking soda, 2tsp of cinnamon, 3/4 tsp of ginger, 1/4tsp of nutmeg and a pinch of salt in a mixing bowl. Add 1/3cup of maple syrup, 2 eggs, 1tsp of vanilla, and 2tbsp of butter. Whisk to combine. Fold in one cup of shredded carrots. Spoon batter into baking dish. Bake for 28-30 minutes. Let cake cool completely before spreading healthy cream cheese frosting over cake!

Authors: Oliwia Gierlotka, Agata Pytlik, György Eszter

1	2	3	4 ★ carrot day	5 ★ caramel day day	6	7 ★ health day
8	9	10	11	12 ★ chocolate day	13	14
15	16	17	18	19 ★ garlic day	20	21
22	23	24 ★ european breakfast day	25	26	27	28
29 ★ camembert cheese day	30					



Partners:



# 05

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Május | May | Mai | Maj



## Healthy Honey Oatmeal Cookies

**INGREDIENTS:** 3 tablespoons butter, room temperature, ½ cup brown sugar, ¼ cup honey, 1 egg, 1 tablespoon water, ½ cup whole wheat flour, ½ teaspoon salt, ¼ teaspoon baking soda, 1 ½ cups rolled oats.

Preheat oven to 180 degrees C.

Using a mixer with the paddle attachment, mix together the butter, brown sugar, honey, egg and water thoroughly.

Sift together the dry ingredients then stir in the oats. Add the dry ingredients to the wet and mix. Add any additional ingredients you've chosen.

Drop by heaping teaspoonfuls onto the cookie sheet. Bake 12 to 15 minutes. Cool on a wire rack.

1	2 ★ world tuna day	3	4	5	6 ★ international no diet day	7
8	9	10	11	12	13 ★ international hummus day	14
15	16	17 ★ world baking day	18	19	20 ★ world bee day	21
22	23	24	25	26	27	28
29	30 ★ world juice day	31				

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Partners:



# 06

## Fit here, healthy there, let's do it together



Június | June | Juin | Czerwiec



### Falafel

**INGREDIENTS:** 1 cup dried chickpeas, ½ cup roughly chopped onion, 1 cup roughly chopped parsley, about a one large bunch, 1 cup roughly chopped cilantro, about a one large bunch, 1 small green chile pepper, serrano or jalapeno pepper, 3 garlic cloves, 1 teaspoon cumin, 1 teaspoon salt, ½ teaspoon cardamom, ¼ teaspoon black pepper, 2 tablespoons chickpea flour, ½ teaspoon baking soda

Soak your dried chickpeas. Overnight or for at least 8 to 12 hours. Then drain and rinse them. Add all the ingredients to a food processor. Add the chickpeas, onion, parsley, cilantro, garlic, green pepper and spices to a food processor. Roughly chop up the onion, herbs and pepper before adding. Pulse the food processor but do not blend completely. The final mixture should resemble coarse sand. Transfer the mixture to a bowl. Then add the chickpea flour and baking soda, stir it together until it's fully combined and cover with plastic wrap or a lid. Place the bowl in the fridge. Chill the falafel mixture for 30 minutes to 1 hour. Shape your falafel by hand or with a cookie scoop. Place the falafel on the baking sheet, lightly spray or brush the top side with oil and bake for 25 to 30 minutes, flipping halfway through.

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1 ★ milk day	2	3	4	5	6	7
8	9	10	11	12 ★ international falafel day	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					



Partners:



# 07 Fit here, healthy there, let's do it together

Július | July | Juillet | Lipiec



## Healthy Ice Cream

Add 500 grams full fat cottage cheese, fruits of choice, for example bananas or strawberries to a food processor or blender, or add them to a bowl and use a stick blender to blend it.

Pour it back into a freezer safe container with the lid.

If the ice-cream becomes "icy" you can re-blend it after it's frozen for the perfect texture if you wish. You can also enjoy it soft-serve as well.

1 ★ fruit day	2	3 ★ red hot chili pepper day	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21 ★ ice cream day
22	23	24	25	26	27	28
29	30 ★ international cheesecake day					



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Partners:





# 08

## Fit here, healthy there, let's do it together

Augustus | August | Août | Sierpień



### Watermelon Smoothie

Blitz 150g of watermelon in a blender with a banana and 100ml of apple juice until smooth. Pour the smoothie into a tall glass and serve immediately.

1	2	3 ★ watermelon day	4	5 ★ fruit day	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22 ★ plant milk day	23	24	25	26	27	28
29	30	31				



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Partners:



# 09

# Fit here, healthy there, let's do it together

Szeptember | September | Septembre | Wrzesień



## Coffee Mousse

INGREDIENTS: 1 cup dark 56% to 80% chocolate, 1 tablespoon maple syrup or alternativE, ½ cup brewed coffee, 4 egg whites at room temperature, raspberries/blackberries

Melt chocolate in a small saucepan over low heat. Stir in the maple syrup and the coffee. Remove from heat and reserve. In a bowl of the stand mixer or food processor, beat your egg whites until stiff. When the white foam is ready, add the chocolate coffee mixture in increments. Gently fold small amounts of the chocolate mixture into the beaten egg whites with a spatula. Gently blend everything until you get a uniform brown mixture with a creamy texture. Divide into small cups. Chill in the refrigerator for at least 30 minutes or let sit overnight.

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29★ coffee day	30	31				



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Partners:



# 10

# Fit here, healthy there, let's do it together

## Október | October | Octobre | Październik



### Penne arrabbiata

INGREDIENTS: 3 tbsp extra virgin olive oil, plus extra to serve, 6 large garlic cloves, finely chopped, 1-2 red chillies, deseeded and finely chopped, 800g finely chopped tomatoes, 20g basil, plus extra to serve, 400g penne pasta, 50g vegetarian parmesan, grated, to serve

Put oil, garlic and chilli in a large frying pan. Cook for 3-4 mins until the garlic starts to sizzle and crisp around the edges. Add the tomatoes and a pinch of sugar, bring to a simmer and cook for 10 mins until slightly thickened. Mix in the basil leaves and allow to wilt, then season to taste with sea salt, freshly ground black pepper and a pinch of sugar. Bring a large pan of water to the boil and cook the pasta. Once al dente, drain, saving a mug of the cooking water, and add the pasta to the sauce. Toss to combine, adding a splash of the cooking water. Serve topped with grated parmesan, a few basil leaves and a drizzle of oil.

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1 ★ vegetarian day	2	3 ★ chestnut day	4	5	6	7
8	9	10 ★ oatmeal day	11 ★ egg day	12	13	14
15	16 ★ bread day	17	18 ★ vegetable, fruit day	19	20	21
22	23	24	25 ★ world pasta day	26	27	28
29	30	31				



Partners:



# 11

# Fit here, healthy there, let's do it together



## November | November | Novembre | Listopad



### Salad Sandwich

Make the herb mayo: Combine mayonnaise (or yogurt) with lemon juice, fresh herbs, salt and pepper. Blend with an immersion blender or food processor until smooth then set aside.

Prep the vegetables: Thinly slice a tomato, a cucumber and red onion and julienne the cucumber.

Assemble the sandwich: Spread a generous amount of the herb mayo onto two slices of bread then top with all your prepped vegetables and cheese. Slice and serve.

1 ★ world vegan day	2	3 ★ sandwich day	4	5	6	7
8	9	10	11	12	13 ★ potato pancake day	14
15	16	17 ★ baklava day	18	19	20	21
22	23	24 ★ beet day	25	26 ★ cake day	27	28
29	30	31				



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Partners:



# 12

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December | December | Décembre | Grudzień



## Matcha Latte

In a measuring cup or bowl, add 2 teaspoons of matcha powder. Pour in the 1 to 2 tablespoons of hot water and whisk until the matcha has fully incorporated into the water. This should create almost a bit of a paste. Pour in 1 cup of water and mix. Transfer to the fridge or freezer to chill for about 15 minutes.

Fill two glasses full of ice and add your milk of choice so the glass is about 3/4 of the way full. If you like, this is a great time to add any simple syrup. Lastly, pour in the chilled matcha and stir.

Authors: Oliwia Gierlotka, Agata Pytlik, György Eszter

1	2 ★ pancake day	3	4	5	6	7
8	9	10	11	12	13	14
15 ★ tea day	16	17	18	19	20	21
22	23	24	25	26	27 ★ fruitcake day	28
29	30	31				



Partners:





## Project „Fit here, healthy there, let’s do it together“

Akademickie Liceum Ogólnokształcące Politechniki Śląskiej in Rybnik

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# 2024



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