

# Mango Chia Pudding

With low-fat natural yogurt, 1,5%



**Ehrmann**



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2–5 servings

300 g	Mango, fresh or thawed from a frozen state
1½ pots	Ehrmann low-fat natural yogurt, 1.5%
2 dl	Vanilla-flavoured soy milk
2 tsp	Vanilla flavour
½–¾ dl	Honey
1 tbsp	Lemon juice
½	Lime juice
½	Grated lime skin
	Pinch of salt
1 tsp	Grated ginger
1 tbsp	Fresh mint
¾ dl	Chia seeds, for decoration
½ pc	Mango, peeled and diced
1–2 pcs	Kiwifruit, peeled and diced

Put all ingredients, apart from the Chia seeds, into a blender and mix to form a uniform purée. Add the seeds and blend once again to ensure that the ingredients are uniformly mixed. Leave the mixture to swell in a covered container in the refrigerator for at least 2 hours or overnight. Serve in small bowls and decorate the servings with the mango and kiwifruit pieces.



# Seed-crusted salmon and oven-roasted vegetables



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# Seed-crusted salmon and oven-roasted vegetables

With soft quark with yogurt, 0.9%

4 servings

- 500 g Salmon fillet, cut into serving-size pieces
- 0.75 dl Seeds (sunflower, pumpkin)  
Salt

## Vegetables

- 4 pcs Carrots, peeled and quartered
- 1 pc Swede, peeled and quartered
- 1 tbsp Parsnip, peeled and diced
- 1–2 pcs Red onions, quartered
- 3 pcs Garlic cluster, halved
- Splash of olive oil

## Sauce

- 0.5 pc Apple, peeled and cut into small pieces
- 2 tbsp Red onions, chopped
- 1 pot Ehrmann soft quark with yogurt, 0.9%
- 1 tsp Lemon peel
- Dill, chopped
- 4 tbsp Canned peas + 2 tbsp liquid
- Black pepper
- Salt
- Pinch of sugar

Cut vegetables into same-sized chunks and add seasoning. Roast in 200 °C oven for 30–40 minutes. Sprinkle a variety of seeds on the serving-size pieces of salmon and season with salt. Lower the oven temperature to 175 °C, place the salmon pieces on top of the vegetables and leave to cook for about 10–15 minutes. While the fish is in the oven, mix all of the sauce ingredients together. Serve the salmon with the vegetables and sauce.

