



# MUN-SI RECIPES

Broccoli soup  
Black bean burgers  
Carrot and coconut  
bliss balls

## BROCCOLI SOUP

### Ingredients

2 hands of broccoli

2 courgettes

1 stalk of leek

1 onion

1 tablespoon of olive oil

1 teaspoon of salt



# BROCCOLI SOUP

## Preparation

- 1 Cut the vegetables;
- 2 Put the vegetables in a pan with water and salt.  
Let it cook;
- 3 Grind with the wand. You can add more water until you reach the desired consistency;
- 4 Add the olive oil and stir the soup.



# BLACK BEAN BURGERS

## Ingredients

- 400g of cooked broccoli
- 6 tablespoons of cooked chickpeas
- 6 tablespoons of cooked black beans
- 2 garlic cloves
- 2 tablespoon of extra virgin olive oil
- Spices
- Salt



# BLACK BEAN BURGERS

## Preparation

- 1 Grind all the ingredients;
- 2 Form the burgers with your hands;
- 3 In a baking tray lined with parchment paper, take the hamburgers to the oven at 180°C for 20 minutes.



# CARROT AND COCONUT BLISS BALLS

## Ingredients

1 cup of grated coconut

2 grated carrots

6 dates (or other nut)

1 coffee spoon of cinnamon



# BLACK BEAN BURGERS

## Preparation

- 1 Grind all the ingredients;
- 2 Form the burgers with your hands;
- 3 In a baking tray lined with parchment paper, take the hamburgers to the oven at 180°C for 20 minutes.



# CARROT AND COCONUT BLISS BALLS

## Preparation

- 1 Add all the ingredients in a blender, until you reach the desired consistency;
- 2 Make the bliss balls;
- 3 Wrap the bliss balls in grated coconut.

