



Arminlabs | Medicum Bad Aibling MVZ GmbH • Standort Zirbelstr. 58 • 86154 Augsburg
Basic Foodscreen IgG • Date of birth: - • Age: - • Sex: unknown



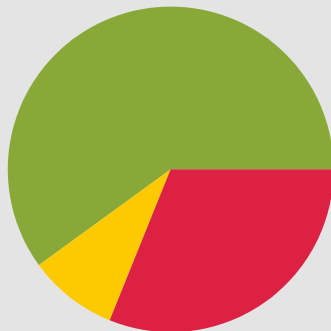
IgG food hypersensitivity

Individual short report

Basic Foodscreen IgG

Date of birth: - • Age: - • Sex: unknown • Sample-ID: 839451111

Your personal results



54

Low food specific IgG

8

Elevated food specific IgG

28

High food specific IgG

Sender

Arminlabs | Medicum Bad Aibling MVZ
Standort Zirbelstr. 58
86154 Augsburg

Sample type:

Serum

Sample-ID:

839451111

Examination method:

ELISA for the detection of foodstuff spec. IgG

Specimen collection:

16/06/2025

Reception of specimen:

19/06/2025

Date of Report:

25/06/2025

Report authorized by:

Dr. Armin Schwarzbac

The information in your documents does not replace the medical advice of a trained health professional. The results obtained must always be interpreted in combination with the complete clinical picture. Dietary changes must be made in consultation with a health professional, a relevant dietician or nutritional expert. Please immediately consult your practitioner in case of any health-related concerns. The specific IgG concentrations determined by this test offer the basis for an elimination and provocation diet. We do not claim that the determined IgG concentrations reflect the occurrence or the severity of serious clinical symptoms.


Vegetables

Fruits


Fruits

Spices and herbs

Page 2



Fish and seafood

Type of food	µg/ml IgG	
Crayfish	< 2.5	
Ocean perch	< 2.5	
Pollock	< 2.5	
Salmon	< 2.5	
Tunafish	< 2.5	



Cereals containing gluten

Type of food	µg/ml IgG	
Barley	11.3	
Gluten	131.0	
Rye	86.4	
Spelt	104.0	
Wheat	70.0	



Meat

Type of food	µg/ml IgG	
Beef	56.5	
Chicken	10.1	
Lamb	9.3	
Pork	3.4	
Turkey	6.0	



Seeds and nuts

Type of food	µg/ml IgG	
Almond	196.8	



Seeds and nuts

Type of food	µg/ml IgG	
Cashew	186.4	
Cocoa bean	4.1	
Hazelnut	196.9	
Linseed	170.5	
Peanut	170.8	
Pistachio	174.2	
Poppy seeds	17.5	
Pumpkin seeds	161.7	
Sesame	160.9	
Sunflower seeds	173.5	
Walnut	18.3	



Mushrooms

Type of food	µg/ml IgG	
Meadow mushrooms	< 2.5	



Cereals w/o gluten and alternatives

Type of food	µg/ml IgG	
Buckwheat	26.4	
Maize, sweet corn	30.3	
Millet	7.9	
Oats	179.2	
Rice	17.6	



Milk products

Type of food	µg/ml IgG	
Cow's milk	23.5	
Goat milk, cheese	5.1	
Rennet cheese (cow)	8.1	
Sheep milk and cheese	3.2	
Sour milk products (cow)	16.9	

Salads

Type of food	µg/ml IgG	
Butterhead lettuce	< 2.5	
Lamb's lettuce	< 2.5	

Yeast

Type of food	µg/ml IgG	
Yeast	< 2.5	

Teas, coffee and beverages

Type of food	µg/ml IgG	
Peppermint	< 2.5	

Food additives

Type of food	µg/ml IgG	
Guar flour (E412)	< 2.5	

Eggs

Type of food	µg/ml IgG	
Chicken egg	117.2	

Sweeteners

Type of food	µg/ml IgG	
Cane sugar	< 2.5	
Honey (mixture)	7.8	



Breakfast

AMARANTH PASTE

Ingredients for 2 servings

350 ml water
160 g amaranth

Directions

Add the amaranth to the boiling water and let soak on low heat for 25 minutes.

Protein	Carbohydrates	Bread units	Fats	Energy	
1,20 g	46,40 g	3,90	7,00 g	280,00 Kcal	1172,00 KJ

AMARANTH POP CORN

Ingredients for 2 servings

20 g amaranth

Directions

Put 3 tbsp amaranth seeds into a preheated pot (without oil) and cover. The pot should not be too hot, because the amaranth corns are very small and can burn easily. The seeds should be almost white after cooking. Amaranth can be used in muesli in this form.

Protein	Carbohydrates	Bread units	Fats	Energy	
0,30 g	11,60 g	1,00	1,80 g	70,00 Kcal	293,00 KJ

AMARANTH-MILLET-WAFERS

Ingredients for 2 servings

200 g amaranth
400 g millet
salt
7 ml oil (depending on tolerance)
soda water

Directions

Mix the cooked amaranth and the ground millet with water into a runny dough. Add a dash of salt and 1 spoon of oil. Bake in the wafer iron at high temperature.

Protein	Carbohydrates	Bread units	Fats	Energy	
7,20 g	59,30 g	4,90	6,80 g	360,00 Kcal	1508,00 KJ



COCONUT QUINOA PORRIDGE WITH FRUIT AND BROWN SUGAR

Ingredients for 2 servings

500 ml coconut milk
300 g banana
200 g quinoa
100 g brown sugar
35 g coconut flakes
1 g salt

Directions

Combine the coconut milk with 1 cup (250ml) water in a jug, then set aside.

Combine the quinoa and salt in a saucepan. Add half the coconut milk mixture, or just enough to cover the grains. Bring to the boil, stirring, over medium-low heat. Reduce the heat to low and simmer, stirring occasionally, for 20-25 mins until the grains are tender and the mixture is a porridge consistency. If it becomes too thick you can add some more water.

Meanwhile, place the brown sugar and 1 cup (250ml) water in another saucepan over low heat. Stir to dissolve sugar, then simmer for about 30 minutes until mixture is thick and syrupy and reduced by half.

To Serve, pour about 1 tablespoon of syrup in the bottom of each bowl or serving glass, spoon over the porridge, then add a little more syrup. Top with sliced banana or fruit of choice and sprinkle with the toasted coconut and serve warm.

Protein	Carbohydrates	Bread units	Fats	Energy	
6,70 g	36,80 g	3,10	20,70 g	357,00 Kcal	1494,00 KJ

MILLET PORRIDGE

Ingredients for 2 servings

250 ml water
100 g millet

Directions

Add the millet to the boiling water and let soak on low heat for 15 minutes.

Protein	Carbohydrates	Bread units	Fats	Energy	
5,00 g	30,00 g	2,50	2,00 g	175,00 Kcal	732,00 KJ



QUINOA BREADS

Ingredients for 2 servings

250 g quinoa flour
salt
16 g winestone baking powder
14 ml oil (depending on tolerance)
400 ml soda water
cleared butter

Directions

Preheat the oven to 200°.

Grease a muffin form with butter.

Mix well the quinoa flour, the salt and the baking powder in a bowl.

Add water and oil and knead on until smooth. Fill 2/3rd of the forms with dough and bake for 25 minutes. Let the muffins chill for 15 minutes then take them out of the forms.

Protein	Carbohydrates	Bread units	Fats	Energy	
0,00 g	28,70 g	2,40	4,80 g	177,00 Kcal	740,00 KJ

QUINOA PORRIDGE

Ingredients for 2 servings

200 ml water
100 g quinoa

Directions

Strew the quinoa in cold water and bring to boil. Let soak for 20 minutes on low heat.

Protein	Carbohydrates	Bread units	Fats	Energy	
6,60 g	34,50 g	2,90	2,90 g	187,00 Kcal	782,00 KJ

QUINOA-MILLET-WAFERS

Ingredients for 2 servings

200 g quinoa
400 g millet
water
7 ml oil (depending on tolerance)
salt

Directions

Mix the cooked quinoa and the ground millet with water into a liquid dough. Add a dash of salt and 1 spoon of oil. Bake in the wafer iron at high temperature.

Protein	Carbohydrates	Bread units	Fats	Energy	
16,50 g	94,40 g	7,90	8,60 g	552,00 Kcal	2313,00 KJ



Main meal

ITALIAN FISH AND TOMATO STEW

Ingredients for 2 servings

450 g redfish
250 g red pepper
100 g raw onion
10 g fresh garlic
28 ml oil (depending on tolerance)
oregano
600 g canned peeled tomatoes
350 ml yeast free vegetable broth
salt
pepper
sweet basil
lemon juice
white wine

Directions

Wash the fish, dry and chop into pieces. Sprinkle with lemon juice. Wash, clean and cut the pepper into strips. Peel and chop the onions and the garlic finely.
Heat some oil in a large pot. Braise the onion, the garlic and oregano for about 3 minutes while stirring. Add tomatoes (with juice) and pepper and stew for another 2 minutes. Add vegetable broth and white wine and bring to a boil. Spice with salt and pepper.
Put the fish pieces into the vegetable sauce, cover and let soak at low heat for 5 minutes. Wash, pull off the leaves and add the basil to the tomato and fish stew.

Protein	Carbohydrates	Bread units	Fats	Energy	
31,80 g	14,60 g	1,20	11,40 g	283,00 Kcal	1183,00 KJ



LAYERED FISH CASSEROLE WITH REDFISH

Ingredients for 2 servings

100 g redfish
7 ml lemon juice
400 g baked potatoes
7 ml oil (depending on tolerance)
150 g raw zucchini
30 g dry goat cheese

Directions

Wash the fish and drizzle with lemon juice. Cook the potatoes in salted water and slice once cooled down. Heat up the oil in a pan, cook the potatoes and lightly season with spices and herbs you have no elevated IgG levels for.

Slice the courgette, dice the fish and place in a oven dish with the potatoes. Cover with cheese and bake in the oven for approx. 15 mins at 200°C.

A fresh salad goes well with this. Please pay attention to the tolerance of the products.

Dessert: tolerated fruit.

Protein	Carbohydrates	Bread units	Fats	Energy	
39,20 g	62,40 g	5,20	12,60 g	589,00 Kcal	2466,00 KJ

POTATO SALAD WITH TOMATOES AND RUCOLA

Ingredients for 2 servings

salt
white pepper
20 ml lemon juice
60 ml oil (depending on tolerance)
pine nuts
150 g roquette
400 g raw tomatoes
400 g raw potatoes

Directions

Boil the potatoes, let chill, peel and cut into cubes. Peel the tomatoes (put them before for 10 seconds in boiling water, then in ice-cold water) and cube them. Wash the rucola, clean and break it into small pieces.

Roast the pine seeds shortly in pan without oil. For the sauce, mix the lemon juice with salt and pepper. In the end, add the oil. Mix all ingredients with the sauce.

Protein	Carbohydrates	Bread units	Fats	Energy	
7,80 g	39,20 g	3,30	31,50 g	470,00 Kcal	1968,00 KJ



POTATOES WITH HAM AND SWEET PEPPERS

Ingredients for 2 servings

300 g baked potatoes
200 g red pepper
100 g raw onion
100 g raw champignons
100 g tomato passata
60 g ham
canned chopped green olives
salt
pepper
spring onion
3 ml oil (depending on tolerance)

Directions

Cook the potatoes in salt water.

Cut the sweet pepper, the onion and the meadow mushrooms into thin stripes and brown them slightly in 1 teaspoon of oil. Add the passata and cook it all slowly for approx. 5 minutes. Gently stir it now and then.

Cut the ham into stripes and add it to the vegetables together with the potatoes and the olives and warm it all up. Allow excess liquid to evaporate. Season the dish to taste with salt and pepper, arrange it on a plate and garnish it with rings of spring onions.

Protein	Carbohydrates	Bread units	Fats	Energy	
25,80 g	67,30 g	5,60	7,20 g	443,00 Kcal	1854,00 KJ

ROASTED COURGETTE

Ingredients for 2 servings

400 g raw potatoes
200 g raw zucchini
15 ml oil (depending on tolerance)
100 g redfish

Directions

Wash the potatoes and cook unpeeled until soft (done the previous day at best). Then peel the potatoes and roughly grate. Roughly grate the courgette as well and mix in with the potatoes. Then salt.

Heat up some oil in a pan, add the potato and courgette paste in portions and press until flat using a spatula.

On a medium heat, fry first one side until golden brown, then turn over and fry the other side until golden brown. Also cook the piece of redfish in the same pan.

Dessert: tolerated fruit.

Protein	Carbohydrates	Bread units	Fats	Energy	
31,00 g	64,80 g	5,40	17,20 g	538,00 Kcal	2251,00 KJ



SALMON WITH AUBERGINES

Ingredients for 2 servings

100 g salmon steak
7 ml oil (depending on tolerance)
200 g raw eggplant
raw potatoes

Directions

Cook the potatoes in salted water. Season the salmon and fry in hot oil. Dice the aubergines, add to the fish and stew together.

Season altogether with spices and herbs you have no elevated IgG levels for and serve with the potatoes.

Dessert: tolerated fruit.

Protein	Carbohydrates	Bread units	Fats	Energy	
23,40 g	5,40 g	0,40	18,60 g	281,00 Kcal	1176,00 KJ

SALTIMBOCCA ROLLS

Ingredients for 2 servings

5 ml lemon juice
salt
20 ml oil (depending on tolerance)
150 g cooked veal escalope
100 g smoked ham
pepper
sage
vegetable broth
white wine

Directions

Drip the meat with lemon juice, salt and pepper it, and add ca. 10-12 sage leaves and put the ham on it; roll and pin the meat with toothpicks. Fry the meat rolls in hot oil on all sides, extinguish with white wine and broth and let boil for several minutes. Ready!

Protein	Carbohydrates	Bread units	Fats	Energy	
80,90 g	0,00 g	0,00	15,40 g	462,00 Kcal	1936,00 KJ



ZUCCHINI VEGETABLES

Ingredients for 2 servings

150 g raw zucchini
20 g raw onion
10 ml lemon juice
7 ml oil (depending on tolerance)

Directions

Wash and roughly slice the zucchini. Heat the oil and braise the onion until transparent, add the vegetables and season with salt, spices and herbs you have no elevated IgG levels for. Eventually add some water and steam until cooked. Season with lemon juice.

Protein	Carbohydrates	Bread units	Fats	Energy	
3,00 g	4,60 g	0,40	7,30 g	96,00 Kcal	400,00 KJ



Dessert

GRILLED FRUITS

Ingredients for 2 servings

400 g peach
280 g banana
280 ml agave syrup
7 ml lemon juice
cinnamon
4 g vanilla

Directions

Halve the peaches and remove the core. Put the peaches and the unpeeled bananas on the grill and grill on all sides. When the banana peels turn black, they are through. Prepare a sweet sauce out of agaves thick juice, lemon juice and spices. Brush the grilled peaches with it and put on plates. Halve the bananas length-wise, put them on the plates and sprinkle with the remaining marinade.

Protein	Carbohydrates	Bread units	Fats	Energy	
1,30 g	84,20 g	7,00	0,90 g	304,00 Kcal	1273,00 KJ

ICE LOLLY

Ingredients for 2 servings

fruit juice 100% (depending on tolerance)

Directions

Simply fill the juice into the "ice lolly tins" and put them into the freezer over night. Very suitable as sweet between meals.

Protein	Carbohydrates	Bread units	Fats	Energy	
0,00 g	0,00 g	0,00	0,00 g	0,00 Kcal	0,00 KJ

ICE LOLLY

Ingredients for 2 servings

20 g redcurrant jellies
250 ml fruit juice 100% (depending on tolerance)

Directions

Mix juice and jam and distribute it into forms. Leave some space around the filling because it rises while freezing.

Put the forms into the freezer and let them there until frozen.

Protein	Carbohydrates	Bread units	Fats	Energy	
0,10 g	5,10 g	0,40	0,10 g	21,00 Kcal	86,00 KJ



RASPBERRY QUARK

Ingredients for 2 servings

400 ml coconut milk
250 g raspberry
7 g guar flour
sugar

Directions

Whisk the coconut milk (1 chilled can) with the thickening agent (guar flour), add chilled raspberries and keep some of them for garnishing. Whisk further until the mixture turns pink. Season with powdered sugar. Fill in a glass bowl or in several glasses, garnish with the remaining raspberries and chill before serving.

Protein	Carbohydrates	Bread units	Fats	Energy	
5,10 g	15,80 g	1,30	36,80 g	411,00 Kcal	1720,00 KJ



Salads

BAVARIAN COLESLAW

Ingredients for 2 servings

600 g white cabbage
125 g raw bacon
50 g onion
30 ml vinegar
20 ml oil (depending on tolerance)
caraway
salt
sugar

Directions

Clean the white cabbage, halve it and cut out the stalk. Cut the cabbage into quarters and cut the leaves into strips. You can also grate the cabbage.

Dip the cabbage for 3 minutes in boiling water, chill with cold water and sieve it immediately.

Cut the smoked bacon in small cubes and fry them in a pan without grease or oil till they become crispy. Peel and grate the onion half. Mix the onions with vinegar, some sugar, caraway, salt and tolerated spices and herbs.

Mix the cabbage with the smoked bacon and the vinegar sauce and let everything soak for ca. 2 hours. Mix in 2 tbsp. oil shortly before serving and eventually season.

The more you let it soak, the softer the salad will be. You can cut, blanch and marinate the cabbage 2-3 days before preparing. It is important that the cabbage is pressed well and is stored in the fridge.

Protein	Carbohydrates	Bread units	Fats	Energy	
3,20 g	6,80 g	0,60	33,10 g	339,00 Kcal	1420,00 KJ



BULGARIAN CUCUMBER SALAD

Ingredients for 2 servings

300 g raw cucumber
260 g onion
150 g ewe cheese 40%
80 g green olives
45 ml olive oil
30 ml apple vinegar

Directions

Peel the cucumber and cut into thin slices. Cut the onion into fine rings, the cheese into cubes and mix everything with the cucumber slices.

Stir a sauce from olive oil and apple vinegar. Season with salt, tolerated spices and herbs and pour over the salad. Sprinkle with olives.

Protein	Carbohydrates	Bread units	Fats	Energy	
16,20 g	10,10 g	0,80	40,60 g	481,00 Kcal	2014,00 KJ

MIXED SALAD

Ingredients for 2 servings

lettuce
50 g radish
50 g raw cucumber
100 g raw tomatoes
7 ml vinegar
7 ml oil (depending on tolerance)
salt

Directions

Wash some leaves of butterhead lettuce, the red radishes, a piece of cucumber and a tomato and cut it all into bite-sizes pieces. Mix the ingredients for the dressing, season it to taste and tolerance and pour it over the vegetables.

Protein	Carbohydrates	Bread units	Fats	Energy	
1,70 g	5,30 g	0,40	7,40 g	95,00 Kcal	397,00 KJ



SPINACH SALAD

Ingredients for 2 servings

	salt
	white pepper
7 g	honey
7 g	mustard
35 ml	olive oil
14 ml	lemon juice
250 g	raw champignons
250 g	raw spinach
60 g	grated sheep cheese
	sweet basil

Directions

Separate the spinach into leaves, cut the champignons into slices and rub the parmesan. For the sauce mix 3 tbsp. of oil, lemon juice, mustard and honey, season with salt and pepper.

Distribute the spinach and the champignons on the plates and sprinkle vinaigrette over. Serve with sprinkled basil leaves and parmesan.

Protein	Carbohydrates	Bread units	Fats	Energy	
5,50 g	2,20 g	0,20	11,90 g	138,00 Kcal	576,00 KJ

WHITE CABBAGE SALAD

Ingredients for 2 servings

250 g	white cabbage
100 g	raw bacon
100 g	raw onion
20 ml	vinegar
	oil (depending on tolerance)
	salt
	pepper
	caraway

Directions

Bring the water to a boil. In the meantime, remove the leaves from the stalk and cut them into fine strips. Put the cabbage into boiling water, let boil for 1 minute and sieve. Put the cabbage into a bowl and add several tbsp. vinegar. Season with salt und pepper and let soak. Meanwhile, dice the bacon and the onion and roast in a pan with oil until the onions becomes golden-brown, then add to the cabbage. You can also add some caraway to taste. Chill the salad.

Protein	Carbohydrates	Bread units	Fats	Energy	
3,90 g	8,70 g	0,70	44,70 g	453,00 Kcal	1898,00 KJ



Sauces

QUICKLY PREPARED TOMATO SAUCE

Ingredients for 2 servings

500 g tomato passata
7 ml oil (depending on tolerance)

Directions

Heat up the tomato passata, add 1 tbsp. oil and season it to taste with spices and herbs according to your compatibilities.

This sauce is prepared quickly, low in calories and is very suitable for stews as well.

Protein	Carbohydrates	Bread units	Fats	Energy	
0,00 g	3,20 g	0,30	2,00 g	36,00 Kcal	150,00 KJ

TOMATO DIP

Ingredients for 2 servings

14 g tomato paste
salt
14 ml lemon juice
60 g sheep milk quark
white pepper

Directions

Mix quark with tomato paste. Season with salt, pepper and some lemon juice. It is excellent to dip raw vegetables such as carrots, cucumbers or celery. Please pay attention to the tolerance of the products.

Protein	Carbohydrates	Bread units	Fats	Energy	
2,80 g	1,50 g	0,10	2,20 g	49,00 Kcal	206,00 KJ

TOMATO SAUCE

Ingredients for 2 servings

880 g raw tomatoes
130 g onion
30 ml olive oil
salt

Directions

Cut the onions into cubes and roast in olive oil. Cut the tomatoes and add them to the onions. Let everything braise. Season with spices and finely chopped herbs you have no elevated IgG levels for.

Protein	Carbohydrates	Bread units	Fats	Energy	
2,20 g	9,30 g	0,80	8,30 g	118,00 Kcal	495,00 KJ



TOMATO SAUCE WITH TUNAFISH

Ingredients for 2 servings

800 g canned peeled tomatoes
150 g canned tuna fish
100 g raw onion
7 ml oil (depending on tolerance)
10 g fresh garlic
 pepper

Directions

Cut the onion into small pieces and steam it with a spoonful of oil. Add the tunafish and sear it a bit, add the cloves of garlic or a bit of pepper according to taste. Add the tomatoes cut into small pieces and continue to cook it all at low heat for approx. 10 minutes.

Protein	Carbohydrates	Bread units	Fats	Energy	
12,20 g	8,40 g	0,70	2,60 g	107,00 Kcal	448,00 KJ



Soups

CAULIFLOWER CREAM

Ingredients for 2 servings

80 g baked potatoes
7 ml oil (depending on tolerance)
25 g raw onion
150 g raw cauliflower
salt
250 ml yeast free vegetable broth

Directions

Peel and dice the potatoes. Finely chop the onion and braise in oil. Add water. Add the potatoes, the cauliflower and broth. Cover and let simmer for 10 minutes. Puree everything and season with salt, spices and herbs you have no elevated IgG levels for.

Protein	Carbohydrates	Bread units	Fats	Energy	
5,80 g	17,00 g	1,40	7,60 g	159,00 Kcal	665,00 KJ



Drinks

AVOCADO BANANA APPLE COCKTAIL

Ingredients for 2 servings

40 g avocado
25 g banana
160 ml canned apple juice
raw apple

Directions

Whisk all ingredients with 2 ice cubes in the blender. Pour into a pre-chilled glass. Place 1 apple slice with peel on the glass edge.

Protein	Carbohydrates	Bread units	Fats	Energy	
1,20 g	23,20 g	1,90	5,80 g	150,00 Kcal	627,00 KJ

HEALTHY & GREEN

Ingredients for 2 servings

300 g raw fennel
200 g raw apple
7 ml lemon juice
white pepper
35 ml water

Directions

Extract the juice of fennel and apples and flavor with lemon and pepper.

Protein	Carbohydrates	Bread units	Fats	Energy	
2,00 g	15,20 g	1,30	0,80 g	74,00 Kcal	308,00 KJ



STRAWBERRY PUNCH

Ingredients for 2 servings

800 g strawberry
300 g fresh lemon
700 ml canned apple juice
100 ml mineral water (carbonated)
citronella
sugar

Directions

Wash and slice the strawberries, sprinkle with sugar and lemon juice (2-3 lemons). Pour some apple juice over them, add balm leaves and let soak for about 2 hours. Add the remaining apple juice, mineral water and the remaining balm leaves. Chill and serve with ice cubes.

Protein	Carbohydrates	Bread units	Fats	Energy	
2,10 g	35,10 g	2,90	1,20 g	166,00 Kcal	696,00 KJ

YOGHURT DRINK WITH DILL OR MINT

Ingredients for 2 servings

100 ml water
salt
3 ml lemon juice
dill
mint
100 g fresh lemon
200 g sheep yogurt

Directions

The ingredients are calculated for small drinks. Pour yoghurt and cold water into a shaker/cup. Add salt and lemon juice and whisk well until frothy on the surface. Finely chop dill or mint and add, too. Eventually add 1 to 2 ice cubes in each glass and pour the yoghurt over. Carve the lemon slice and place on the glass edge. Serve immediately.

Protein	Carbohydrates	Bread units	Fats	Energy	
0,20 g	2,60 g	0,20	2,10 g	37,00 Kcal	153,00 KJ



Bread spreads

AVOCADO BREAD SPREAD

Ingredients for 2 servings

150 g avocado
60 g raw onion
salt
7 ml lemon juice
3 g capers

Directions

Mash the avocado with a fork, sprinkle with lemon juice and salt. Add onions and capers and mix everything well with a fork.

Protein	Carbohydrates	Bread units	Fats	Energy	
3,50 g	5,60 g	0,50	21,40 g	229,00 Kcal	959,00 KJ

PAPRIKA-TOMATO SPREAD

Ingredients for 2 servings

seasalt
25 g chive, finely cut
chilli powder
300 g raw tomatoes
pepper
150 g sheep milk quark
100 g green or yellow peppers
25 g oregano, finely cut
130 g onion
45 ml mineral water (carbonated)

Directions

Mix the quark with water until smooth. Cut the tomatoes, the peppers and the onions into small cubes. Add chive and oregano with the vegetables to the quark. Season spicy with salt, pepper and chilli.

Protein	Carbohydrates	Bread units	Fats	Energy	
3,00 g	5,00 g	0,40	1,80 g	56,00 Kcal	236,00 KJ



STRAWBERRY-RHUBARB-SPREAD

Ingredients for 2 servings

350 g strawberry
150 g raw rhubarb
ginger powder
30 g honey
agar-agar
1 g vanilla

Directions

Peel and cut in small cubes the rhubarb. Boil in 2 tbsp. of water until soft.

Wash and clean the strawberries and purée them with the rhubarb. Put everything in a pot and add sweetener, vanilla and ginger. Mix Agar-Agar with fruit puree and mix it in.

Let everything boil at low fire for 2 min.
Fill in prepared glasses.

Protein	Carbohydrates	Bread units	Fats	Energy	
1,70 g	24,40 g	2,00	0,90 g	113,00 Kcal	472,00 KJ

TAPENADE

Ingredients for 2 servings

100 g black olives
10 g fresh garlic
100 g dry tomatoes in oil
salt

Directions

Mash all the ingredients into a smooth paste- add some oil if necessary.

The paste goes very well as bread spread, to noodles or to meat.

Protein	Carbohydrates	Bread units	Fats	Energy	
0,40 g	1,80 g	0,20	8,50 g	117,00 Kcal	490,00 KJ



TUNISIAN LENTIL PASTE

Ingredients for 2 servings

200 g red lentils
4 g juniper berry
3 g sage leaves, finely cut
14 ml olive oil
14 ml lemon juice
7 g ginger
130 g red onion
28 g tomato paste
yeast free vegetable broth

Directions

Boil the laurel leaves and the juniper berries in the vegetable broth for 20 minutes.

Take out the laurel leaves and the juniper berries and mix the lentils broth with the remaining ingredients. Add the fresh grated ginger and salt. Season with spices and herbs you have no elevated IgG levels for.

Protein	Carbohydrates	Bread units	Fats	Energy	
24,80 g	46,90 g	3,90	8,70 g	364,00 Kcal	1524,00 KJ



Basics

MILLET PANCAKES (SAVOURY)

Ingredients for 2 servings

120 g	millet flour
30 g	millet oats
5 g	guar flour
	salt
	pepper
220 ml	mineral water (carbonated)
7 ml	oil (depending on tolerance)

Directions

Mix millet flour, millet flakes, sea salt, guar flour, pepper and herbs well using the whisk. Add oil and water.

Allow the dough to swell for 10 minutes. Put a bit of oil into a hot pan and fry the pancakes one by one.

Protein	Carbohydrates	Bread units	Fats	Energy	
3,00 g	20,90 g	1,70	3,10 g	147,00 Kcal	616,00 KJ

RÖSTI

Ingredients for 2 servings

100 g	boiled potatoes
	pepper
	salt
20 ml	oil (depending on tolerance)

Directions

Boil the potatoes and chill. Grate the peeled potatoes on a coarsely. Heat up grease in a pan and add the potatoes. Fry at low heat for 20 minutes, salt and pepper it and slightly press the potatoes with a frying turner. Put the potatoes on a lid or on a plate, add more oil in the pan and fry the rösti on the other side for another 20 minutes till they become golden-brown.

Protein	Carbohydrates	Bread units	Fats	Energy	
3,80 g	45,00 g	3,80	5,20 g	247,00 Kcal	1036,00 KJ



Appetizers

BAKED CHAMPIGNONS

Ingredients for 2 servings

250 g	raw champignons
100 g	raw onion
7 ml	lemon juice
7 ml	oil (depending on tolerance)
	salt

Directions

Preheat the oven to 240°C. Clean and wash the champignons, peel the onion and cut it into thin slices. Now put the champignons into an ovenproof dish and add the onion. Add lemon juice, oil, salt, tolerated spices and herbs and mix everything well. Place the mushrooms side by side. Bake for 20-25 minutes.
The mushrooms should be soft and most of the liquid should have evaporated.

Protein	Carbohydrates	Bread units	Fats	Energy	
6,60 g	8,40 g	0,70	8,40 g	135,00 Kcal	564,00 KJ

CHEESE-OLIVE DISH

Ingredients for 2 servings

400 g	raw zucchini
	salt
	pepper
	oil (depending on tolerance)
200 g	ewe cheese 40%
100 g	pickled black olive

Directions

Season the zucchini slices with salt and pepper and brown on both sides in oil. Distribute on a baking tray and put a cheese cube on each slice. Bake at 200-220°C for about 15 minutes. Put olives on top with toothpicks.
Tip! It is excellent for buffets.

Protein	Carbohydrates	Bread units	Fats	Energy	
11,30 g	3,00 g	0,20	15,70 g	202,00 Kcal	847,00 KJ



GRILLED TOMATOES

Ingredients for 2 servings

150 g raw tomatoes
20 g raw onion
10 g fresh garlic
3 ml olive oil
sweet basil

Directions

Wash and halve the tomatoes, then season with salt and spices you have no elevated IgG levels for. Add the finely chopped onions, the garlic and the basil. Put into an ovenproof dish or aluminum foil and sprinkle with olive oil. Bake in the oven for about 20 minutes.

Protein	Carbohydrates	Bread units	Fats	Energy	
2,10 g	9,40 g	0,80	3,50 g	76,00 Kcal	317,00 KJ

PICKLED ZUCCHINI

Ingredients for 2 servings

600 g raw zucchini
15 g fresh garlic
20 ml olive oil
salt
vinegar

Directions

Peel, finely slice and salt the zucchini. Leave for 15 minutes and dry with a paper towel. Peel the garlic cloves, mash and mix them with 3 tbsp. olive oil. Brush a pan with oil (olive oil) and heat up. Brown the zucchini slices on both sides until light brown, put into a bowl, sprinkle with balsamic vinegar, put the next layer until all zucchini slices are done. Chill.

Protein	Carbohydrates	Bread units	Fats	Energy	
2,90 g	4,00 g	0,30	5,30 g	75,00 Kcal	316,00 KJ



Vegetarian

BAKED POTATOES

Ingredients for 2 servings

900 g	baked potatoes
300 g	raw onion
14 ml	oil (depending on tolerance)

Directions

Peel and slice the potatoes (6). Roughly chop the red onion. Lightly braise the onion in oil for 5 minutes, until transparent. Put the potatoes and the onion layer-like into an ovenproof dish. The top layer consists of onion. Sprinkle some salt over each potato layer.
Baking: In the cold oven, at 200°C for about 1 hour, until the potatoes are through. Eventually cover the dish.
A tasty side dish to fish. Please pay attention to the tolerance of the products.

Protein	Carbohydrates	Bread units	Fats	Energy	
6,10 g	38,50 g	3,20	3,90 g	214,00 Kcal	897,00 KJ

FILLED EGGPLANTS

Ingredients for 2 servings

600 g	raw eggplant
	salt
100 g	millet
200 g	onion
400 ml	yeast free vegetable broth
21 ml	olive oil
200 g	red pepper
100 g	black olives
150 g	grated sheep cheese

Directions

Cut the eggplants lengthwise. Salt and bake them at 200 degrees for 20 minutes. Take the pulp out and chop it. Heat up 250 ml broth. Add the millet. Cover and simmer at low heat for 25-30 minutes. Braise the cubed onion in oil, add the cubed peppers and the eggplant mash, season with spices and herbs you have no elevated IgG levels for and simmer shortly. Mix the cooked millet with the steamed vegetables, the finely cut olives and with 150 g finely grated sheep cheese. Season with salt, tolerated spices and herbs. Put the eggplant halves into an ovenproof dish and fill with the mixture. Sprinkle with the remaining sheep cheese. Add the broth. Cover with aluminium foil and bake at 180°C for 30 minutes. Simmer the last 10 minutes without the foil.

Protein	Carbohydrates	Bread units	Fats	Energy	
12,10 g	25,10 g	2,10	16,70 g	307,00 Kcal	1286,00 KJ



KIDNEY BEAN CASSEROLE

Ingredients for 2 servings

200 g	kidney beans
50 g	onion
200 g	green or yellow peppers
5 g	fresh garlic
7 ml	oil (depending on tolerance)
200 g	baked potatoes

Directions

Leave the kidney beans to drain. Cut the onion and garlic up small and brown in oil. Dice the pepper, add and briefly stew together.

Also dice the potatoes, add to the other ingredients with the strained kidney beans and cook for approx. 20 mins.

Add some water if required. Season altogether and serve sprinkled with herbs.

Dessert: tolerated fruit.

Protein	Carbohydrates	Bread units	Fats	Energy	
22,00 g	75,20 g	6,30	8,00 g	463,00 Kcal	1940,00 KJ

OVEN POTATOES WITH GARLIC

Ingredients for 2 servings

170 g	raw potatoes
150 g	raw champignons
100 g	cleared butter
50 g	onion
30 g	clove of garlic, finely chopped
30 ml	olive oil

Directions

Grease a baking tray with olive oil. Wash the potatoes and halve lengthwise. Put them on the tray with the cut side on top; spread oil over their surface and salt. Bake in the preheated oven at 180 °C for 25-30 minutes.

Chop the onion and braise in a pan with olive oil, clean the champignons and cut into slices, add them and braise until there is no more liquid in the pan.

Mix the chilled champignons with the garlic, add to the butter, salt and tolerated spices and herbs and put to chill. Take the potatoes out of the oven and serve with ice-cold garlic butter.

Protein	Carbohydrates	Bread units	Fats	Energy	
7,00 g	45,10 g	3,80	22,40 g	411,00 Kcal	1722,00 KJ



POTATOES WITH SPINACH AND FETA CHEESE

Ingredients for 2 servings

400 g baked potatoes
300 g deep-frozen spinach
70 g feta cheese 45% f

Directions

Cook the potatoes in salted water.

Cook the spinach in a little salted water. Grate the feta cheese and add to the spinach. Season and add to the potatoes.

A mixed salad goes well with this. Please pay attention to the tolerance of the products.

Dessert: tolerated fruit.

Protein	Carbohydrates	Bread units	Fats	Energy	
21,50 g	61,70 g	5,10	14,90 g	505,00 Kcal	2114,00 KJ

PROVENÇAL PEPPERS

Ingredients for 2 servings

100 g raw onion
150 g raw zucchini
115 g raw champignons
5 g fresh garlic
560 g raw tomatoes
14 g tomato paste
500 g green or yellow peppers
sweet basil
marjoram
thyme
7 ml olive oil

Directions

Heat olive oil in a pot, braise 1 onion, 1 zucchini, the mushrooms and 1 clove of garlic and let simmer for 1 minute.

Add ca. 4-5 tomatoes and tomato paste (1 tbsp.) and boil again for about 15 minutes. Add herbs and spices.

Halve 4 bigger peppers length-wise, remove the seeds and blanch them in boiling water.

Put the peppers into an ovenproof dish and fill with the vegetable mixture. Cover with aluminum foil and bake for 25 minutes.

Protein	Carbohydrates	Bread units	Fats	Energy	
8,80 g	23,60 g	2,00	5,70 g	180,00 Kcal	752,00 KJ



RUSTIC POTATO PAN

Ingredients for 2 servings

300 g	cooked brussels sprouts
7 g	yeast free vegetable broth
100 g	baked potatoes
28 ml	oil (depending on tolerance)
	salt
	white pepper
	rosemary
100 g	onion
150 g	raw tomatoes
150 g	ewe cheese 40%
75 g	black olives

Directions

Wash, clean and cut the brussels sprouts into small pieces. Add them together with the vegetable broth into a bowl, fill with water and let boil for about 15 minutes.

Meanwhile, wash, peel and cut the potatoes into greater pieces. Heat up the oil in a pan. Braise the potatoes in it and season with salt, pepper and rosemary. Fry them at middle heat for about 20 minutes while stirring from time to time.

Add the onion to the potatoes after 15 minutes of frying. Wash and slice the tomatoes. Cube the sheep cheese. Drain the brussels sprouts in a sieve.

Add the brussels sprouts, the sheep cheese, the tomatoes and the olives to the potatoes. Roast further while stirring. Season with pepper and serve.

Protein	Carbohydrates	Bread units	Fats	Energy	
15,30 g	41,90 g	3,50	16,30 g	380,00 Kcal	1591,00 KJ



Cakes

APRICOT BALLS

Ingredients for 2 servings

200 g dry apricot
200 g coconut flakes

Directions

Soak the apricots in warm water for 2-3 hours. Drain the water and dry well.
Chop the apricots. Add half of the grated coconut and puree. Put the mixture in a bowl, add the remaining grated coconut and knead everything to a homogenous dough.
Form balls out of the dough. Chill the apricot balls.

Protein	Carbohydrates	Bread units	Fats	Energy	
2,40 g	11,40 g	1,00	15,60 g	202,00 Kcal	847,00 KJ

CHOCOLATE TRUFFLES

Ingredients for 2 servings

120 g chocolate
30 g cocoa
7 ml rum
30 g honey

Directions

Melt the chocolate in the bain-marie.

Whisk clarified butter, honey and 1 tbsp. cocoa to a froth. Add the rum bit by bit to the lukewarm chocolate.

Put the chocolate in a cold place for 1 hour.

It should not become too firm, but should not remain too soft either.

Form small balls, roll them in cocoa.

Then keep them in a cool place (not in the refrigerator).

Protein	Carbohydrates	Bread units	Fats	Energy	
0,60 g	9,60 g	0,80	3,60 g	73,00 Kcal	304,00 KJ



MILLET MUFFINS

Ingredients for 2 servings

250 g millet flour
7 g guar flour
16 g winestone baking powder
salt
50 g honey
30 ml oil (depending on tolerance)
320 ml soda water

Directions

Oil the muffin tins.

Mix millet flour, guar flour, tartar baking powder and sea salt well, then add oil, honey and water. Beat the mixture with the whisk until the dough is smooth.

Fill the muffin tins 2/3 each with dough, smooth it out. Bake the muffins at 200 °C for 25 minutes in the pre-heated oven.

Allow the muffins to cool in the tins.

Protein	Carbohydrates	Bread units	Fats	Energy	
4,20 g	35,40 g	3,00	6,50 g	217,00 Kcal	907,00 KJ