


# me 4 YOU Nutrition



## Fall recipes

7 HEALTHY AND TASTY SEASONAL MORINGA RECIPES YOU CAN COOK YOURSELF



**Be good to your  
body so your soul  
wants to stay.**

INDIAN SAYING



# Sommaire

## PREAMBLE

Food rebalancing or how to eat healthy  
Focus on moringa

## RECIPES

### STARTERS

Beet salad with walnuts, moringa vinaigrette  
Moringa squash soup

### DISHES

Steamed salmon steaks, basil and moringa pesto  
Pork tenderloin stuffed with herbs  
Cauliflower and broccoli gratin

### DESSERTS & SWEET SNACKS

Marble moringa cake  
Moringa chocolate chip cookies







# me 4YOU Lifestyle

2020 | PRACTICAL GUIDES 

## Balance your BODY, MIND & SOUL

HOW TO FLOURISH AND BE IN HARMONY WITH YOURSELF THANKS TO MORINGA

Download our *LIFESTYLE*  
practical guide!

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# Preamble



## Diet rebalancing or how to eat healthy

DROP THE DIETS!  
FOOD REBALANCING IS A COMPLETE  
CHANGE IN NUTRITIONAL HABITS. IT'S  
NOT ABOUT EATING LESS, IT'S ABOUT  
EATING BETTER. MORE GENERALLY,  
WE ADOPT A HEALTHIER LIFESTYLE  
AND WE GIVE UP ANY EXCESS.  
STARTING BY RELEARNING THE BASICS  
OF A BALANCED DIET.

### A food rebalancing, what for ?

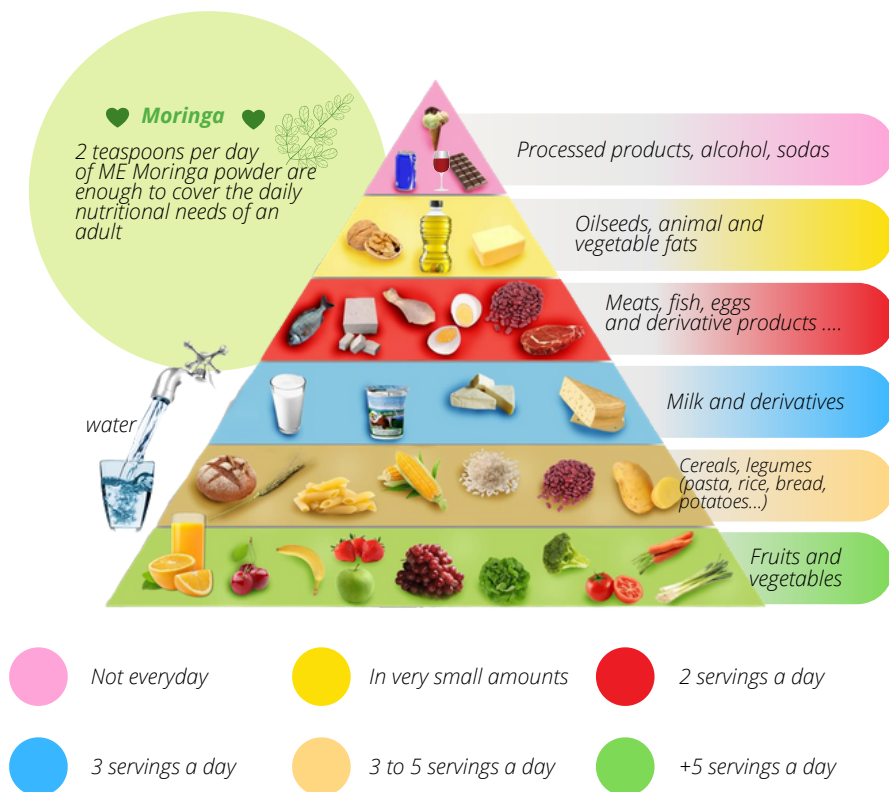
There always comes a time (more or less late) in our lives when we realize that our physical resources are not inexhaustible. It's when we start to need more sleep, to regret that last drink that we shouldn't have had the day before, to run out of steam faster with the slightest effort, to gain weight at the slightest deviation ...

All these small inconveniences are alarm signals that the body sends to tell us STOP. It is time to get back to the basics of healthy eating, combined with moderate exercise. So it's up to us to make the right choices.



### • Basics of healthy eating

- Eat 3 meals a day, alternated with 2 snacks, at regular times.
- Respect the amounts recommended for each food category (see food pyramid below).
- Avoid processed foods and cook meals.
- Chew enough with each bite before swallowing.
- Drink at least 1.5 liters of water per day.
- Take the time (consistency is better than haste) in order to establish those good practices over time.



### ▲ What should our plates contain?

A varied diet provides the body with the nutrients and energy it needs to function properly. The principle of the food pyramid (developed in the early 1990s by the US Department of Health, and revised since) is simple: at the base are the foods that should be consumed the most. At the top, the least essential foods, or even to avoid. Water is the only essential drink (the human body is made up of 70% on average). The five daily servings of fruits and vegetables are ideally divided as follows: three servings of vegetables and two of fruits. For better efficiency, a balanced diet should be accompanied by sufficient physical activity (the equivalent of thirty minutes per day).

### Did you know?

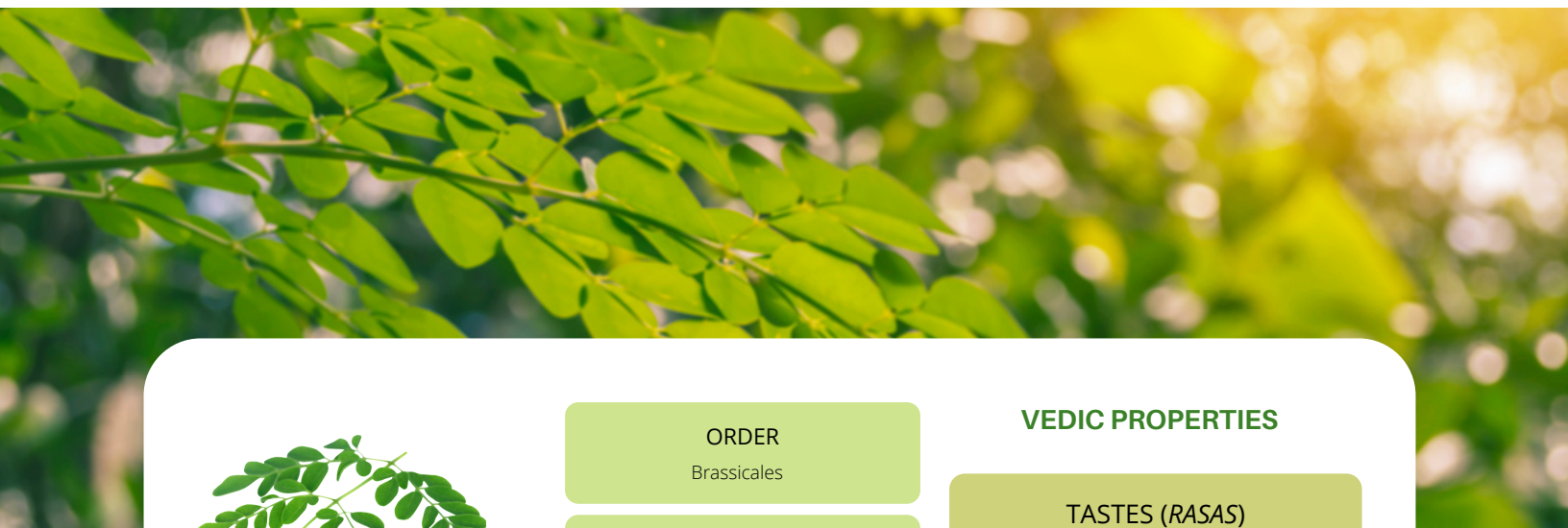
The condition of our intestines is essential for our health. It is scientifically proven that a diverse bacterial flora decreases our food urges and promotes weight regulation. This is why we must always take care of good digestion, for example by integrating natural pre and probiotics in our diet.



# Moringa oleifera

## A MIRACLE OF NATURE

Considered as the richest plant in the vegetal kingdom, *Moringa oleifera* was already used in Ayurvedic medicine 5,000 years ago. It was then reputed to cure and prevent more than 300 diseases. Its exceptional nutritional power makes it a food of choice, especially since it is entirely edible and is already part of the culinary heritage of many cultures. However, it is preferable not to cook the leaves if you want to get the most out of their properties. It is also an ingredient of choice in cosmetics, especially the oil extracted from its seeds.



### ORDER

Brassicales

### FAMILY

Moringaceae

### ORIGIN

India  
( sanskrit name : *shigru* )

### CARACTERISTICS

Fully edible  
The greatest nutritional wealth  
of the vegetal kingdom

### PRACTICAL USES

Traditional medicine  
Cosmetology  
Nutrition (cooking, program  
against malnutrition)  
Water purification  
Reforestation

## VEDIC PROPERTIES

### TASTES (RASAS)

Pungent, bitter

### ENERGY

Hot, warm

### QUALITIES

Heat, dryness,  
lightness, fluidity

### BALANCED DOSHAS

Kapha et Vata

## COMPOSITION

**+900**  
nutrients

-  46 antioxidants
-  13 vitamins
-  10 minerals
-  8 essential amino acids
-  many unsaturated fatty acids (omega 3, 6 and 9 ...)



### THERAPEUTIC VIRTUES

- Immuno-booster
- Bronchodilator
- Antiseptic and detoxifying
- Digestive and depurative tonic
- Anti-inflammatory
- Anticoagulant
- Hypoglycemic
- Cholesterol lowering
- Anticarcinogen



### COSMETIC VIRTUES

- Purifying
- Antioxidant
- Moisturizing
- Feeding
- Emollient
- Fortifying, hair softener
- Rejuvenating (anti-aging)
- Metabolic regulator (therefore slimming)





# Recipes













# Beet salad with walnuts, moringa vinaigrette

**Preparation time:** 15 minutes

## **Ingredients** (serves 4)

4 raw red beets  
1 handful of coarsely chopped walnuts  
1 tbsp chopped parsley or cilantro - *optional*  
1 shallot, minced - *optional*  
1/2 squeezed lemon  
1 tbsp balsamic vinegar  
3 tbsp walnut oil  
1 tsp ME® organic moringa powder  
Salt, pepper

## **Preparation**

- Peel the beets then grate them. Arrange with the nuts in a salad bowl.
- Add the herbs and chopped shallot to taste. Reserve in the fridge.
- Make a vinaigrette by mixing the remaining ingredients.
- Incorporate it into the beet and walnut salad or serve on the side.





# Moringa squash soup

**Preparation and cook time:** 20-25 minutes

## **Ingredients** (serves 2)

400 g squash  
200 g sprouted mung beans - optional  
25g fresh turmeric  
25 g fresh ginger  
1 tsp cumin powder  
10 g garlic  
2 tbsp tamari (or soy sauce)  
1 squeezed lemon  
2 tbsp coconut cream  
2 tbsp olive oil  
2 tsp ME® organic moringa powder  
Salt, pepper (*if needed*)



## **Preparation**

- Cut the squash into pieces. Mince: garlic, fresh ginger, fresh turmeric.
- Quickly brown everything in a saucepan with the olive oil.
- When lightly browned, add water to match the ingredients. Cook for ten minutes.
- Add the tamari, cumin, coconut cream and mix everything together.
- Serve in a bowl or soup plate. Just before tasting, add a little lemon juice, the moringa and, according to taste, the mung beans.





## DISHES







# Steamed salmon steaks, basil and moringa pesto

**Preparation and cook time:** 30 minutes

## **Ingredients** (serves 4)

4 steaks of wild salmon  
10 tbsp olive oil  
10 tbsp lemon juice  
1 clove of garlic  
1 handful of basil leaves  
50 g grated Parmesan  
50 g pine nuts  
1 tbsp ME® organic moringa powder  
Salt, pepper

## **Preparation**

- Arrange each salmon steak on aluminum foil or parchment paper. Season them with 2 tbsp olive oil, a squeeze of lemon juice, salt and pepper.
- Close the ballottines and insert them in a steamer. Cook for about 10 minutes depending on the thickness of the steaks.
- Meanwhile, prepare the pesto. In a blender, mix the garlic, basil and pine nuts with the rest of the olive oil.
- Add the Parmesan, the rest of the lemon juice and the moringa. Mix again a little.
- Season the pesto sauce with salt and pepper to taste.
- To serve, place the salmon steak on the plate and coat generously with the pesto, accompanied by white rice or vegetables.







# Pork tenderloin stuffed with herbs

**Preparation and cook time:** 90 minutes

## **Preparation**

### **Ingredients** (serves 8)

1 or 2 pork tenderloins (1.5 kg)  
80 g pine nuts  
1 handful of spinach leaves  
1 handful of basil leaves  
12 tbsp olive oil  
80 g grated Parmesan  
15 cl of white wine  
1 large onion, thinly sliced  
Salt pepper  
1 tsp ME® organic moringa powder  
Cooking twine

- Prepare the stuffing. In a blender, mix the basil, spinach, pine nuts and Parmesan with 10 tbsp olive oil. Season with salt and pepper.
- Slit the pork tenderloin deeply lengthwise. Insert as much stuffing as possible into the notch created, packing well.
- Hold the whole thing by tying the filet mignon firmly. Season the meat sausage and spread the remaining olive oil on top.
- Arrange in an oven dish lined with onion and white wine. Bake at 220 °C to brown the meat well, then lower the thermostat to 180 °C. Total cooking time should not exceed one hour and a quarter.
- Serve hot, with frozen vegetables for example. Just before tasting, sprinkle the plate with the moringa powder.







## Cauliflower and broccoli gratin

Preparation and cook time: 45 minutes

### Ingredients (serves 4)

1 cauliflower  
1 broccoli  
150 g of grated Emmental or Gruyere  
50 g flour  
50 g butter  
50 cl of milk  
1 pinch of nutmeg  
1 tbsp ME® organic moringa powder  
Salt, pepper

### Preparation

- Preheat the oven to 210 °C. Cut off the florets of cauliflower and broccoli.
- Clean them and then blanch them in a large saucepan of boiling water. Stop cooking after 15 minutes.
- Meanwhile, melt the butter in another saucepan and add the flour all at once. Stir until you get a roux.
- Gradually add the milk, still whisking for a very smooth and thick béchamel sauce. Remove from the heat, season with nutmeg, salt and pepper.
- Collect the cooked cauliflower and broccoli florets, drain them and place them in a previously buttered baking dish. Pour the béchamel over it then sprinkle with grated cheese.
- Bake for 20 minutes then leave to rest for 5 minutes on a rack. It's ready !
- For an extra-healthy touch, sprinkle with ME® organic moringa powder before tasting.





## DESSERTS & SWEET SNACKS







# Marble moringa cake

**Preparation and cook time:** 60 minutes

## Ingredients (serves 6)

350 g flour  
250 g of soft butter  
250 g of caster sugar  
6 eggs  
5 cl of milk  
5 g of baking powder  
1 tbsp ME® organic moringa powder

## Preparation

- In a bowl, combine the butter and sugar with a whisk.
- Gradually add the eggs, sifted flour and baking powder, stirring constantly.
- Gently stir in the milk. Mix well.
- In another bowl, pour half of the dough and add the moringa powder.
- In a mold previously buttered and floured, pour the two pasta alternately up to two-thirds of the way up.
- Bake at 160 ° C (thermostat 5-6) for about 30 to 40 minutes.
- Monitor the cooking by inserting a knife blade into cake. If it comes out clean and dry, the cake is ready.
- Unmold the cake and let rest on a wire rack under a tea towel.





## Moringa chocolate chip cookies

**Preparation and cook time:** 30 minutes

### **Ingredients** (for 12 pieces)

210 g almond flour  
65 ml of pure maple syrup (or honey)  
10 g butter  
1 pinch of fine sea salt  
1/2 tsp of baking powder  
150 g of dark chocolate chips  
2 tsp ME® organic moringa powder

### **Preparation**

- Preheat the oven to 180 °C and line a baking sheet with parchment paper.
- Combine the almond flour, maple syrup (or honey), butter, salt, moringa powder and yeast in a large bowl.
- Stir until a smooth paste is obtained. Add the chocolate chips.
- Form 12 dough pieces and place them on the baking sheet. Bake the cookies for about 10 minutes, until lightly browned around the edges.
- Let the cookies cool on the baking sheet for about 10 minutes.



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