



February (Winter time recipe)

Apricot-Almond Slices

Nibbling does not necessarily have the reputation of being especially healthy. Still, we love doing it - because what would be life without sweet treats?! Eating with pleasure and doing something good for your body - that is the request of the 5-Elements-Kitchen of the Traditional Chinese Medicine. Sweets nourish the body and the soul - still, the right combination and top quality of the ingredients are essential to them really fostering our well-being.

The dish that will be described in the following strengthens the element earth and has a neutral- warm effect on the body.

Ingredients (for 4 people):

Earth

400 g of dried apricots
200 g of powdered almonds or hazelnuts
3 tea spoons honey
Paper wafers

Metal

160 g of delicate oat flakes
2 TS cinnamon

Wood

Grated peel of two unrate oranges

Water

Salt

Fire

4 pinches of cocoa

Preparation:

Let the apricots soak in 6 cups of water for about 1 1/2 hours. Then decant the liquid, but leave 8 table spoons in the pot and puree the lot. Then add cinnamon and honey. Roast the oat flakes together with the almonds in a pan without fat, let them cool off and then add them to the apricots. Mix in the peel of the oranges, a bit of salt and the cocoa. Mix the lot, apportion it on the paper wafers and smear it even. Then cover each slice with another paper wafer and let it dry at room temperature for at least two days.

Finally cut the paper wafers into rectangular pieces. Enjoy!