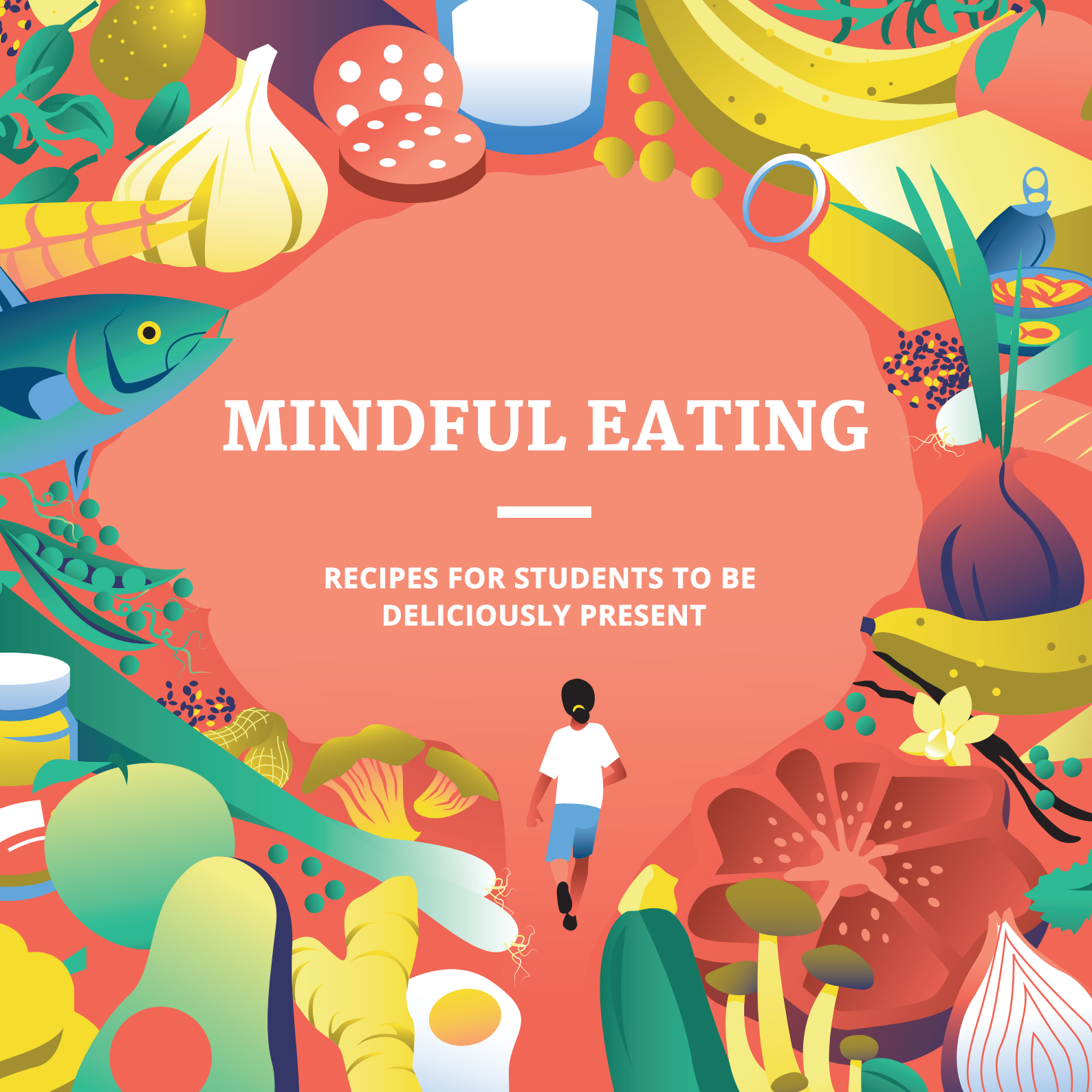




MINDEFUL EATING

RECIPES FOR STUDENTS TO BE
DELICIOUSLY PRESENT

DEDICATION

I want to dedicate this book to all those people suffering from mental illness, who strive every day to make it on their way through life.

I also dedicate it to my loved ones: my parents, Ramón and Carmina, my siblings, Carmina and Ramón and my life partner Max, who have been my greatest supporters throughout my existence and have always been there for me in my hardest moments.

Thank you for helping turn my life into a wonderful one. I love you with all my heart.

- Conchita.



PREFACE

My name is Conchita, and I study Nutrition at HAW Hamburg. As a nutrition student, I have witnessed firsthand the struggles many of us face when it comes to maintaining a healthy diet amidst a hectic schedule. The fast-paced environment of university life often leads to poor eating habits, reliance on fast food, and mindless snacking. I wrote this book to address these issues by providing easy, quick, and nutritious recipes that fit seamlessly into our busy lives.

Additionally, I have always been passionate about the psychological aspects of eating and how they influence our overall health. This book is my way of sharing these insights and encouraging fellow students to take a more mindful approach to their meals.

Finally, I believe that food should be a source of joy and nourishment, not just fuel to get through the day. I hope this book inspires you to slow down, savor each bite, and appreciate the positive impact that mindful eating can have on your life.

MINDFUL EATING

Welcome to Mindful Eating - a cookbook designed to not only nourish your body but also cultivate a deeper connection with your food and overall well-being. As a university student, balancing academics, social life, and personal health can be challenging. This book aims to introduce you to the concept of Mindful Eating, an approach that can help you achieve a more balanced, healthier lifestyle.

By integrating Mindful Eating into university life, students can experience significant benefits. The hectic nature of academic schedules often leads to mindless eating, stress-induced snacking, and poor food choices. Mindful Eating encourages taking a moment to slow down and appreciate each meal, which can reduce stress and improve digestion¹. Additionally, it fosters a healthier relationship with food, helping students avoid overeating and choose more nutritious options. Ultimately, this practice can enhance overall well-being, boost academic performance, and contribute to a more balanced and fulfilling university experience².

The origins and concept of Mindfulness

Mindfulness has its roots in ancient Eastern philosophies, particularly Buddhism. It was popularized in the West by Jon Kabat-Zinn, who developed the Mindfulness-Based Stress Reduction (MBSR) program in the late 1970s. Mindfulness involves paying full attention to the present moment in a non-judgmental way. This practice has been shown to reduce stress, improve focus, and enhance overall well-being³.

By focusing on the present, we learn to disconnect from worries about the past and future, allowing us to experience greater clarity and inner peace. This same ability to live in the present can be applied to many areas of our daily lives, including eating⁴.

Understanding Mindful Eating

Mindful Eating is an application of mindfulness principles to our eating habits. It encourages awareness of the physical and emotional sensations associated with eating. This means paying full attention to the taste, texture, and smell of food,

as well as recognizing hunger and satiety cues⁵. Mindful Eating helps break the cycle of mindless snacking and overeating, promoting a healthier relationship with food⁶.

Daily examples of Mindful Eating⁷:

1. **Savoring Your Food:** Instead of eating quickly, take a moment to truly taste your meal. Notice the flavors, textures, and aromas. This practice can make your meals more enjoyable and satisfying.
2. **Listening to Your Body:** Before grabbing a snack, ask yourself if you're truly hungry or if you're eating out of boredom or stress. This helps in making more conscious food choices.
3. **Eating Without Distractions:** Try eating without the distraction of your phone, TV, or computer. Focus on the act of eating and how your body feels during the process.

Benefits of Mindful Eating

Practicing Mindful Eating can lead to numerous health benefits. It can help with weight management by preventing overeating and promoting healthier food choices².

Additionally, it can reduce digestive problems and enhance the pleasure of eating by slowing down the process and reducing stress levels¹.

Moreover, Mindful Eating fosters a deeper connection with your body, improving your ability to recognize and respond to hunger and satiety signals, leading to better overall regulation of your eating habits⁸.

Tips to start practicing Mindful Eating

1. **Start Small:** Begin practicing Mindful Eating with one meal a day. Choose a time when you can eat without distractions and focus on enjoying your food.
2. **Check In with Your Hunger:** Before eating, rate your hunger on a scale of 1 to 10. Aim to eat when you're moderately hungry and stop when you're comfortably full.
3. **Chew Thoroughly:** Chew each bite thoroughly before swallowing. This not only aids digestion but also allows you to savor your food.
4. **Gratitude Practice:** Take a moment before your meal to appreciate the food you have, considering the effort that went into its preparation.

Let's try Mindful Eating together!

Mindful Eating is a powerful tool for cultivating a healthy relationship with food and improving overall well-being. By integrating mindfulness into your eating habits, you can enhance your nutritional intake, manage stress, and enjoy your meals more fully.

This book is composed of recipes that can be easily integrated into your student life, designed to be quick, simple, and budget-friendly. You will find a variety of meals suitable for every part of the day, including breakfasts to start your morning right, wholesome lunches, convenient snacks to keep you energized, and satisfying dinners to end your day on a high note.

Additionally, this book includes practical exercises to help you practice Mindful Eating, ensuring that you not only enjoy delicious meals but also develop a more mindful approach to eating.

I hope this book will inspire you to adopt more conscious eating habits and provide you with recipes that not only nourish you, but also give you moments of enjoyment and well-being.

Bon appétit!



MINDFUL BOX BREATHING EXERCISE⁹

I want to start with this exercise that helps me a lot to bring my concentration to the present, which means to bring your attention right to where you are, to be in the “Here and Now”.

Box breathing is a powerful and simple breathing technique that can help reduce stress, enhance focus, and promote a sense of calm. By following a structured pattern of breathing, you can create a rhythm that brings mindfulness and relaxation. This exercise will guide you through the process of box breathing.

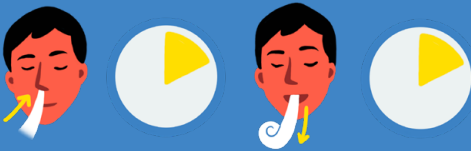


1. Find a Comfortable Position:

Sit or lie down in a comfortable position with your back straight and your body relaxed. Close your eyes if it feels comfortable.



2. Prepare to Breathe: Take a moment to settle into your position. Begin by bringing your attention to your natural breath, noticing its rhythm and flow.



3. Start Box Breathing:

- Inhale: Breathe in slowly and deeply through your nose for a count of 4. Focus on filling your lungs completely.
- Hold: Hold your breath for a count of 4. Keep your body relaxed and avoid tensing up.
- Exhale: Exhale slowly and fully through your mouth for a count of 4. Let go of any tension as you breathe out.
- Pause: Wait at the end of the exhale for a count of 4. Allow your body to stay relaxed and still.



4. Repeat the Cycle:

Continue the pattern of inhaling for 4 counts, holding for 4 counts, exhaling for 4 counts, and pausing for 4 counts. Repeat this cycle for several minutes, maintaining a steady and relaxed rhythm.



5. Focus on Sensations:

Pay attention to the sensations of each phase of your breathing. Notice the feeling of air entering and leaving your body, the stillness during the holds, and the calmness that begins to spread through your body.

By practicing box breathing, you can create a structured and calming breathing pattern that helps manage stress and improves your overall sense of well-being. This exercise can be easily incorporated into your daily routine, providing a quick and effective way to center yourself whenever you need it. Mindful breathing is a simple yet powerful practice that can help you connect with the present moment, reduce stress, and enhance your overall well-being. This exercise will guide you through a basic mindful breathing practice that you can do anytime, anywhere.



6. Observe Your Thoughts:

If your mind starts to wander, gently bring your focus back to the counting and the rhythm of your breath. Remember, it's natural for thoughts to come and go. Simply acknowledge them and return to your breath.

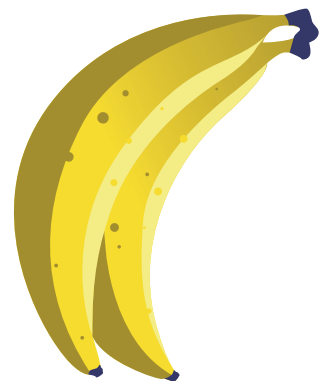


7. Conclude the Exercise:

After a few minutes of box breathing, take a moment to sit quietly and notice how you feel. Slowly open your eyes if they were closed and bring your awareness back to your surroundings. If you find that you are unable to concentrate, start from the beginning and repeat as many times as necessary.

BREAKFAST





BANANA PANCAKES

This recipe contains **Banana**. Why is this good for me?

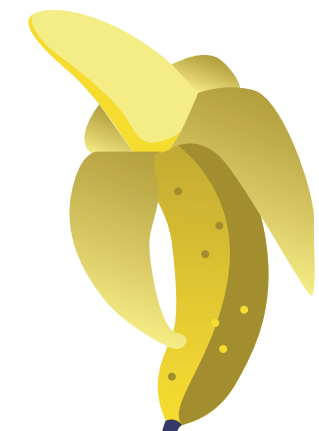
Relevant Nutrient: Potassium; Health Benefit: Supports heart health and helps maintain healthy blood pressure¹⁰.

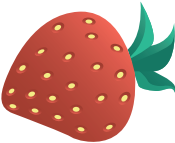
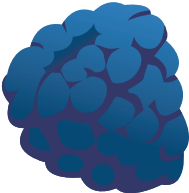
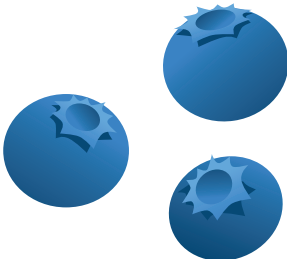
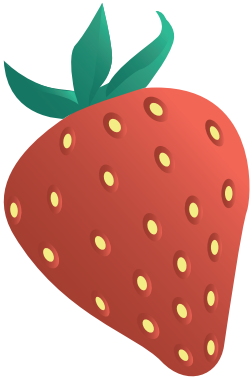
INGREDIENTS

- 200 g spelt or wheat flour
- 1 tbsp baking powder
- ½ tsp cinnamon
- 1 pinch of salt
- 1 ripe banana
- 240 ml milk (or alternatively oat drink)
- 2 tbsp of oil (neutral in taste, e.g. sunflower oil)
- Some margarine or oil for frying
- Optional: (soy) yogurt, fresh fruit and maple syrup as a topping

PREPARATION

1. Mix the flour, baking powder, cinnamon and salt in a bowl.
2. Mash the banana with a fork and mix with the milk and oil.
3. Add this mixture to the flour mixture and stir everything together. A few lumps are perfectly normal.
4. Heat a frying pan and heat a little oil or margarine in the pan.
5. Pour a ladleful of batter into the pan and flip the pancakes as soon as bubbles form.
6. The pancakes are ready when they are golden brown.
7. The recipe makes about 15 mini pancakes.





ENERGY MUESLI

This recipe contains **Berries**. Why is this good for me?

Relevant Nutrient: Antioxidants and vitamin C; Reduces the risk of chronic diseases and supports brain health¹¹.

INGREDIENTS

- ½ cup (about 40g) Oats
- 1 tbsp Peanut butter: (warm with a bit of soy milk)
- 2-3 tbsp Soy milk (to mix with peanut butter)
- 2 tbsp Walnuts, almonds, or cashews (chopped)
- ½ tsp Cinnamon
- 1 tbsp Chia seeds or linseed
- ½ cup (about 125g) Skyr yogurt (high protein)
- ½ cup Berries (blueberry, strawberry, or raspberry)

PREPARATION

1. Prepare the Peanut Butter Mixture: Warm 1 tablespoon of peanut butter with 2-3 tablespoons of soy milk until smooth.
2. Assemble the Muesli: In a bowl, mix the oats with the peanut butter-soy milk mixture until well coated. Add the chopped nuts (walnuts, almonds, or cashews), chia seeds or linseed, and a sprinkle of cinnamon.
3. Add the Yogurt and Berries: Top the oats mixture with Skyr yogurt. Add a mix of berries (blueberry, strawberry, raspberry) on top.
4. Serve: Stir together or layer the ingredients as desired and enjoy your nutritious Energy Muesli!



OVERNIGHT OATS WITH CHIA SEEDS, FRUIT AND NUT BUTTER

This recipe contains **Oats**. Why is this good for me?

Relevant Nutrient: Beta-glucan (a type of soluble fiber)

Health Benefit: Lowers cholesterol levels and supports heart health¹².

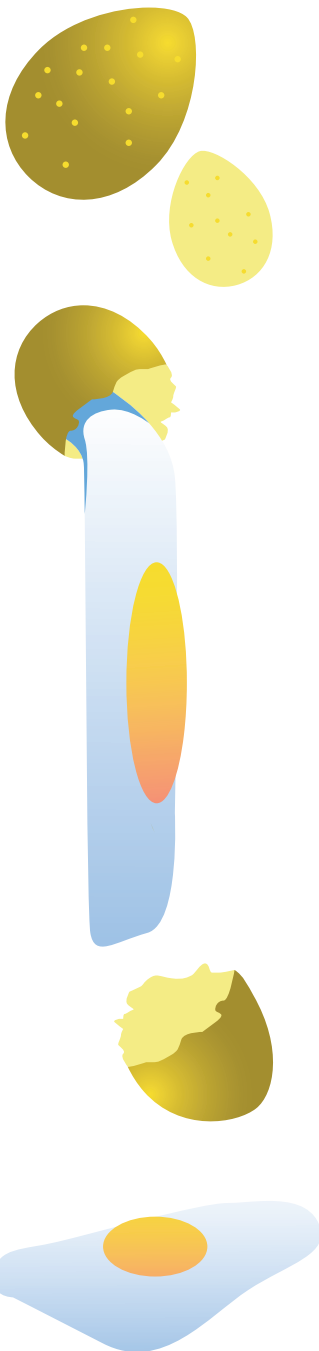
INGREDIENTS

- 50 g oats
- 150 ml (plant) milk
- 1 tsp chia seeds
- 2 tbsp (plant-based) yogurt
- Spice such as cinnamon
- Fruit of your choice
- 1 tbsp nut butter

PREPARATION

1. Weigh the rolled oats and mix with the milk, yogurt, chia seeds and spices in a jar. Place the jar in the fridge overnight.
2. The next morning, chop up fresh fruit of your choice and pour over the top. Top with the nut butter and enjoy.





PROTEIN PANCAKES WITH APPLE SAUCE

This recipe contains **Egg**. Why is this good for me?

Relevant Nutrient: High-quality protein

Health Benefit: Supports muscle growth and overall body functions¹³.

INGREDIENTS

- 4 eggs
- 225 g wholemeal or spelt flour
- 100 g low-fat quark
- 350 g milk
- 4 tbsp rapeseed oil
- 1 pinch of salt
- Cinnamon
- 1 banana
- 1 apple

PREPARATION

1. Separate the egg whites from the egg yolks and beat with a pinch of salt until stiff
2. Stir the egg yolks, low-fat quark, milk and oil until smooth
3. *If you like, you can mash bananas and add them to the dough

4. Add the flour and cinnamon

5. Fold the egg whites into the mixture

6. Fry the finished batter in small pancakes with a little oil

7. Serve with bananas or apple sauce

PREPARATION APPLESAUCE

1. Cut the apples into small pieces and put them in a small pan with a little water
2. Bring the water to the boil
3. Season the apples with cinnamon and as soon as they fall apart, you can mash them
4. The apple sauce/ apple compote is ready





SALTY&SWEET TOASTIES

This recipe contains **Peanut butter**. Why is this good for me?

Relevant Nutrient: Protein and healthy fats

Health Benefit: Supports muscle growth and provides energy¹⁴.

INGREDIENTS

- 3 slices of whole-grain or your preferred bread (toasted)
- 2 eggs (for scrambled eggs)
- ½ avocado (sliced or mashed)
- Salt and pepper (to taste)
- 1 tbsp peanut butter
- ½ banana (sliced) or a handful of blueberries
- 1 pinch of Cinnamon

PREPARATION

1. Prepare the Scrambled Eggs: In a small pan, scramble the 2 eggs over medium heat until fully cooked. Season with salt and pepper to taste.

2. Assemble the Salty Toasties: For the first two toasts, spread the scrambled eggs evenly over the toast. Top with sliced or mashed avocado. Sprinkle with a little more salt and pepper if desired.

3. Assemble the Sweet Toastie: For the third toast, spread peanut butter evenly over the toast. Top with either sliced banana or blueberries. Sprinkle a pinch of cinnamon over the fruit.

4. Serve: Enjoy your Salty & Sweet Toasties right away!





LUNCH

CHEESE&BACON PANNED BREAD

This recipe contains **Quark**. Why is this good for me?

Relevant Nutrient: Protein

Health Benefit: Supports muscle growth and repair¹⁵.

INGREDIENTS

- 150 g spelt flour
- 60 g cream protein more
- 10 g baking powder
- A good pinch of salt
- 200 g low-fat quark
- 20 ml water

Filling:

- 100 g cream cheese
- Spices of your choice
- 60 g grated cheese Ligth
- 30 g bacon cubes (can also be vegan)

PREPARATION

1. Knead all the ingredients from the dough together into a ball and roll out as round as possible on a floured work surface.

2. Mix all the ingredients for the filling, press a plate onto the dough (for a round shape), spread the filling over the dough and fold the dough in.

3. Score the 8 pieces lightly with a knife on one side and fry in an oiled pan on both sides for 4 to 5 minutes on a low heat.



CHICKPEA-SWEET POTATO CURRY

This recipe contains **Chickpeas**. Why is this good for me?

Relevant Nutrient: Protein and fiber

Health Benefit: Supports digestion and provides plant-based protein¹⁶.

INGREDIENTS

- 1 can of chickpeas
- 1 can of coconut milk
- 1 can of chopped tomatoes
- 1 sweet potato
- 150 g fresh spinach (or frozen)
- 1 onion
- 1 thumb-sized piece of ginger
- 1 lime
- spices: Curry, salt, pepper
- olive oil
- basmati rice

PREPARATION

1. Rinse the chickpeas in a sieve and drain well.
2. Heat the olive oil in a pan and fry the chickpeas well with salt and curry powder.
3. In the meantime, peel and finely dice the onions and ginger, peel and dice the sweet potato.
4. Remove the chickpeas from the pan and heat a little olive oil in the pan.
5. Gently fry the onions and ginger until translucent, season with curry.
6. Add the coconut milk and chopped tomatoes and bring everything to the boil briefly.
7. Add the diced sweet potato and simmer for about 20 minutes until the sweet potato is soft.
8. Wash the spinach thoroughly and then add to the pan.
9. Add the chickpeas again and season everything well with salt, pepper and curry powder.
10. Season to taste with the juice of a lime.
11. Basmati rice goes well as a side dish (prepare according to instructions).

***Tip:** You can easily add more vegetables (e.g. carrots, zucchinis, broccoli) if you have some left over or simply want to eat more vegetables.

SUMMER ROLLS

This recipe contains **Mint leaves**. Why is this good for me?

Relevant Nutrient: Menthol

Health Benefit: Aids digestion and has soothing effects on the stomach¹⁷.

INGREDIENTS

- 4 sheets Rice Paper
- 50 g Glass Noodles
- 1 small cucumber
- 1 ripe avocado
- 1 small Mango
- 100 g, sliced Smoked Tofu
- 1 tbsp Coconut Oil
- 2 Spring Onions
- A handful of leaves of fresh mint

Tipp:

You can collect Mint Leaves yourself on the terrace at campus Life Sciences in Bergedorf!

Sauce:

- 2 tbs peanut butter
- 1 clove, minced Garlic
- 1 tsp, grated Ginger
- 2 tsp Soy Sauce
- 1 tsp Gochujang Sauce (can be substituted with Sriracha or omitted for a milder sauce)

PREPARATION

1. Mix all the ingredients for the sauce.
2. Cut the tofu into cubes and fry in a pan with coconut oil.
3. Add the garlic and gochujang sauce while frying and soy sauce at the end.
4. Pour boiling water over the glass noodles and drain the water after 5-10 minutes (no need to boil). Cut the vegetables into slices.
5. Moisten the rice paper one by one in a plate filled with water. When it becomes soft, place it on another plate and fill it with all the ingredients, starting with the glass noodles.
6. Roll up, e.g. first right and left, then close at the bottom.





TUNA FISH SALAD

This recipe contains **Onion**. Why is this good for me?

Relevant Nutrient: Quercetin (a type of antioxidant); Health Benefit: Reduces the risk of heart disease and has anti-inflammatory effects¹⁸.

INGREDIENTS

- 2 large onions, diced into small cubes
- Olive oil (for frying, optional)
- 1 small can of tuna, drained and fluffed up with a fork
- 3 tbsp coconut flakes
- 1 tsp lime juice
- 1/2 tsp chili flakes
- A pinch of salt

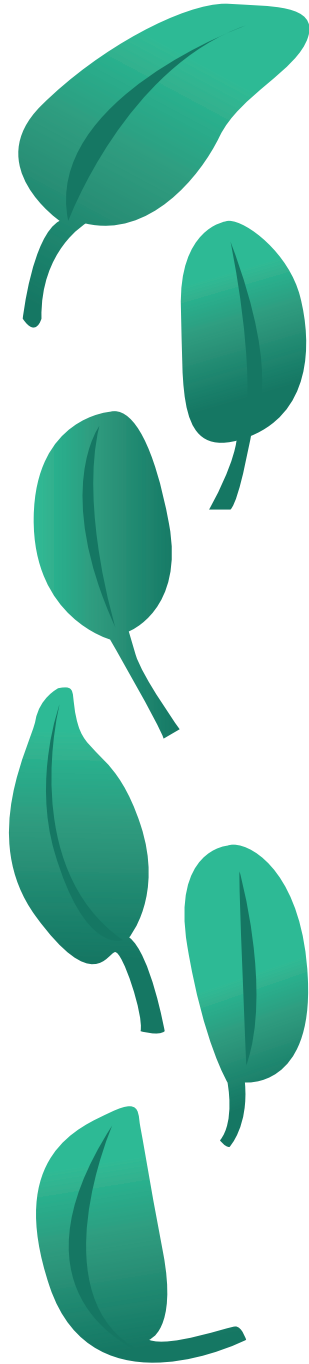
PREPARATION

1. Dice 2 large onions into small cubes.
2. Fry the onions briefly in a little olive oil until they are slightly softened. Let them cool slightly.
3. Drain the small can of tuna and fluff up the tuna with a fork.
4. In a bowl, mix the prepared onions (fried or raw) and fluffed tuna.
5. Add 3 tablespoons of coconut flakes, 1 teaspoon of lime juice, 1/2 teaspoon of chili flakes, and a pinch of salt.
6. Stir well to combine all ingredients evenly.

For a faster and fresher option, skip frying and use raw onions.

Rice goes well as a side dish (prepare according to instructions).





WRAP ROLLS

This recipe contains **Spinach**. Why is this good for me?
Relevant Nutrient: Iron
Health Benefit: Supports blood health and energy levels¹⁹.

INGREDIENTS

- 6 Wraps
- 4 tbsp Spinach spread
- 4 tbsp Tomato spread
- 1 garlic clove, minced
- 1 Avocado, sliced or mashed
- 100 g Mozzarella, shredded or sliced
- 100 g Shepherd's cheese, crumbled or sliced
- 4 tbsp Cream cheese
- 2 cups fresh spinach leaves

PREPARATION

1. Lay out the wraps in pairs so that two wraps always overlap. Form 3 pairs in this way.
2. Spread and top the wraps as explained below.
3. Roll up the wraps tightly and cut into approx. 2 cm wide rolls with a bread knife in a sawing motion (do not press with the knife!).
4. Secure the rolls with toothpicks and serve.

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Topping 1: Spinach

Mix spinach and walnut spread with 1-2 crushed garlic cloves, season with pepper. Spread on wraps and top with fresh spinach. Add spices to taste.

Topping 2: Tomato and mozzarella

Mix tomato and basil spread with 3-4 crushed garlic cloves, season with pepper. Spread on wraps, add two mozzarella strips (perpendicular to rolling), and sprinkle with spices.

Topping 3: Avocado feta

Spread cream cheese on wraps, add thin avocado slices, and season with salt and pepper. Top with two strips of shepherd's cheese.

MINDFUL COFFEE DRINKING EXERCISE²⁰

Mindful Eating isn't just about the food we consume; it also includes beverages. Drinking a cup of coffee can be an opportunity to practice mindfulness, allowing you to fully engage with your senses and the present moment. Because I'm a coffee lover, I chose this drink, but of course, it could be any beverage—tea, hot chocolate, or even a glass of water. This simple exercise will guide you through the process of drinking coffee mindfully.



1. Find a Quiet Space:

Choose a quiet and comfortable place where you can sit undisturbed for a few minutes.



2. Prepare Your Coffee:

Take your time to prepare a cup of coffee. Notice the aroma of the coffee, and the warmth of the cup in your hands.



3. Observe the Coffee:

Before taking a sip, observe your coffee. Look at the color, notice the steam rising, and appreciate the aroma. Take a deep breath and inhale the scent of the coffee.



4. First Sip: Take a small sip of coffee. Hold it in your mouth for a moment and notice the flavors and textures. Feel the warmth of the liquid. Swallow slowly and pay attention to the sensation as the coffee moves down your throat.



5. Engage Your Senses: With each subsequent sip, engage all your senses. Listen to the sound of the cup as you place it back on the table. Feel the warmth in your hands and the taste on your tongue. Notice any changes in the flavor as the coffee cools.



6. Check In with Yourself:

As you drink, periodically check in with yourself. How does the coffee make you feel? Are you feeling more awake, relaxed, or comforted? Acknowledge any thoughts or emotions that arise without judgment.



7. Savor the Experience:

Continue drinking your coffee slowly, savoring each sip. Focus on the present moment and the simple pleasure of enjoying your coffee.



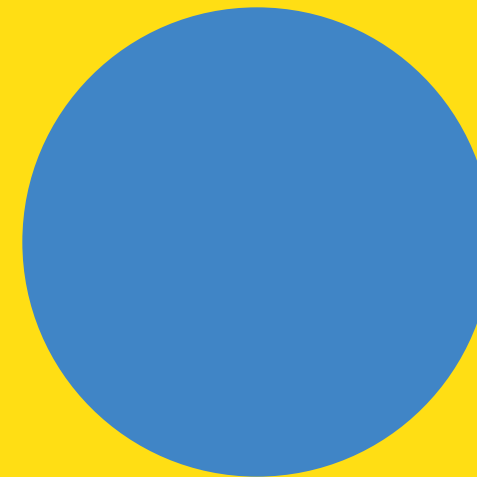
8. Express Gratitude:

Before finishing, take a moment to express gratitude. Reflect on the journey of the coffee from bean to cup and appreciate the effort that went into making it.

By practicing mindful coffee drinking, you can transform a simple daily routine into a moment of calm and presence, enhancing your overall mindfulness practice.

SNACK

(Salty)



CUCUMBER COTTAGE CHEESE SALAD

This recipe contains **Cottage Cheese**. Why is this good for me?
Relevant Nutrient: protein (specifically casein protein); Health Benefit: The high protein content in cottage cheese is beneficial for muscle repair and growth²¹.

INGREDIENTS

- 100g cottage cheese
- 1/2 cucumber, diced
- 1 tbsp mixed frozen herbs (such as parsley, dill, chives, etc.)
- Salt and pepper to taste

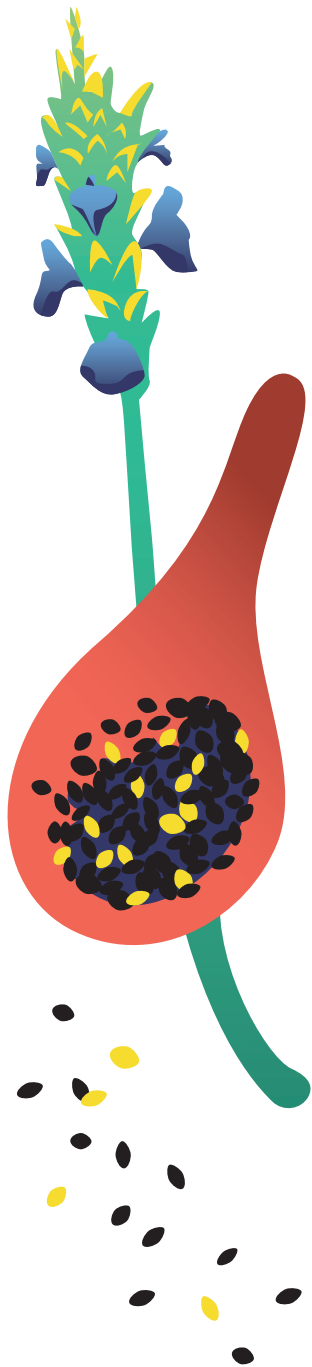
PREPARATION

1. In a bowl, combine the cottage cheese and diced cucumber.
2. Add the frozen herbs and mix well.
3. Season with salt and pepper to taste.
4. Serve immediately or chill in the refrigerator before serving.

This recipe goes well with:

- Crackers
- Toast or Toasted Bread
- Pita Bread or Pita Chips





GRAINY PROTEIN BREAD

This recipe contains **Chia Seeds**. Why is this good for me?
Relevant Nutrient: Fiber
Health Benefit: Aids digestion and helps regulate blood sugar levels²².

INGREDIENTS (For one loaf)

- at least 300ml water
- 100 g wheat gluten/seitan fix
- 200 g wheat flour
- 1 sachet baking powder
- 20 g apple cider vinegar
- 50 g sunflower seeds
- 50 g pumpkin seeds
- 50 g sesame seeds
- 30 g chia seeds
- 30 g soy flakes
- Salt

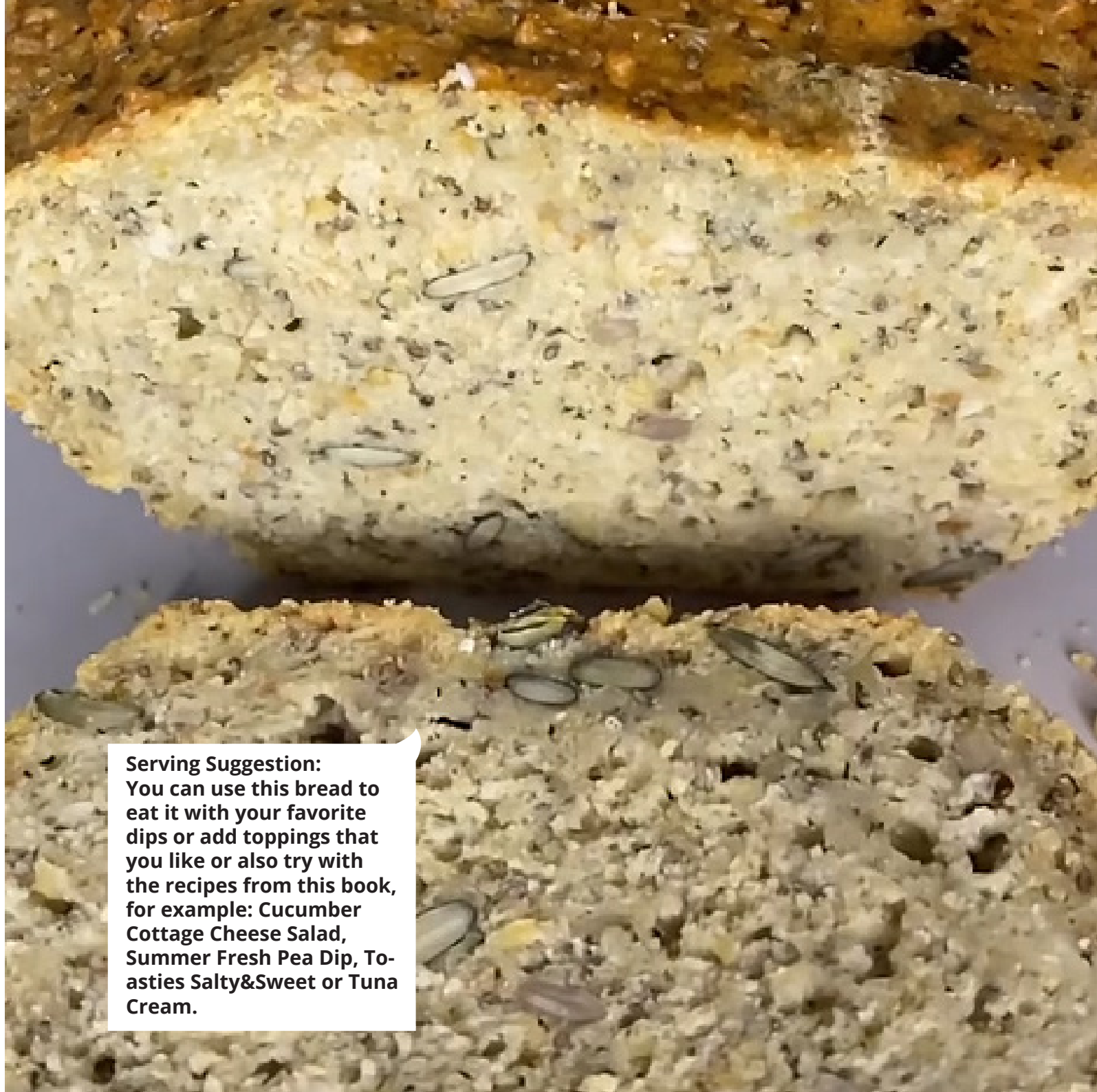
For this recipe, you can replace the chia seeds, sesame seeds, sunflower seeds and pumpkin seeds with other similar products if you wish.

The wheat flour can be replaced in whole or in part with other flour, such as whole meal or chickpea flour.

PREPARATION

1. Mix all the seeds and kernels in a bowl.
2. Mix about 2/3 of the contents in a blender until you can no longer see any large pieces, but no flour should form!
3. Mix 200g flour, 100g seitan, 1 packet of baking powder, 20g apple cider vinegar and about 300ml water together in another bowl.
4. The dough should be thick, and you can add a little more water if necessary.
5. Add the remaining 1/3 kernels and seeds and salt to the dough.
6. Bake at 180°C for about 45-60 minutes until the bread is lightly browned.

Serving Suggestion:
You can use this bread to eat it with your favorite dips or add toppings that you like or also try with the recipes from this book, for example: Cucumber Cottage Cheese Salad, Summer Fresh Pea Dip, Toasties Salty&Sweet or Tuna Cream.





SUMMER FRESH PEA DIP

This recipe contains **Peas**. Why is this good for me?

Relevant Nutrient: Protein; Health Benefit: Supports muscle health and provides plant-based protein²³.

INGREDIENTS

- 250 g peas (fresh or frozen)
- 1-2 cloves of garlic
- Juice and zest of one organic lemon
- Olive oil or alternative
- Pinch of salt
- A little pepper or chili flakes

Additional to taste

- Mint
- basil
- or parsley

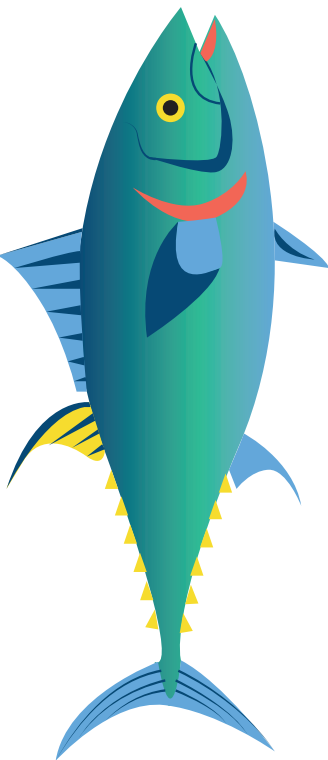
PREPARATION

1. Cook the peas: Boil or steam fresh peas in a little water for 2-3 minutes or frozen peas for 3-4 minutes until soft.
2. Puree: Place the cooked peas in a food processor with the peeled garlic, lemon zest (zest or grated), lemon juice and a little oil. Puree until smooth, adding a little water if necessary.
3. Add the oil: Gradually add olive oil or alternative until the desired creamy consistency is achieved.
4. Herbs of your choice: optionally add chopped fresh herbs such as mint, basil or parsley. Season to taste with salt and pepper or chili flakes.
5. Serve the pea and lemon puree as a dip or spread.



This recipe goes well with:

- Crackers
- Toast or Toasted Bread
- Pita Bread or Pita Chips
- Vegetable Sticks: Use celery, cucumber, bell pepper, or carrot sticks



TUNA CREAM

This recipe contains **Tuna (canned)**. Why is this good for me?

Relevant Nutrient: Omega-3 fatty acids

Health Benefit: Promotes heart health and brain function²⁴.

INGREDIENTS

- 1 can of tuna (in oil or water, drained about halfway)
- 100-150g cream cheese
- Salt and pepper to taste

PREPARATION

1. Drain about half of the liquid from the can of tuna.
2. In a bowl, mix the tuna with the cream cheese until well combined.
3. Season to taste with salt and pepper.
4. Serve immediately or chill in the refrigerator before serving.



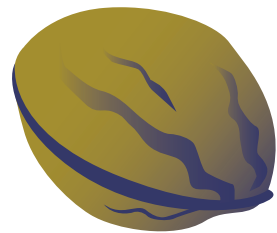
This recipe goes well with:

- Crackers
- Toast or Toasted Bread
- Pita Bread or Pita Chips
- Vegetable Sticks: Use celery, cucumber, bell pepper or carrot sticks

SNACK

(Sweet)





CARROT CAKE BAKED OATS

This recipe contains **Walnuts**. Why is this good for me?

Relevant Nutrient: Omega-3 fatty acids

Health Benefit: Supports brain health and reduces inflammation²⁵.

INGREDIENTS

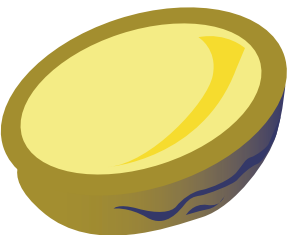
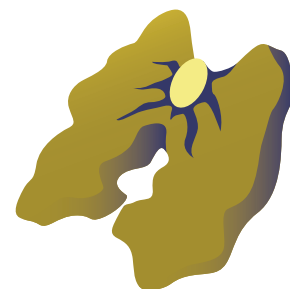
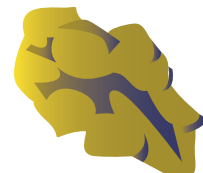
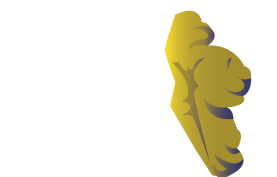
- 2-3 ripe bananas, mashed
- 100 g oats
- 2 tbsp flour (e.g. spelt or gluten-free flour)
- 1 carrot, peeled and grated
- 50-80 g walnuts, chopped
- 2 tbsp maple syrup or honey
- 1 tsp baking powder
- ½ tsp cinnamon, ground
- 350 ml Milk 1.5 or 3.5% or Plant-based milk

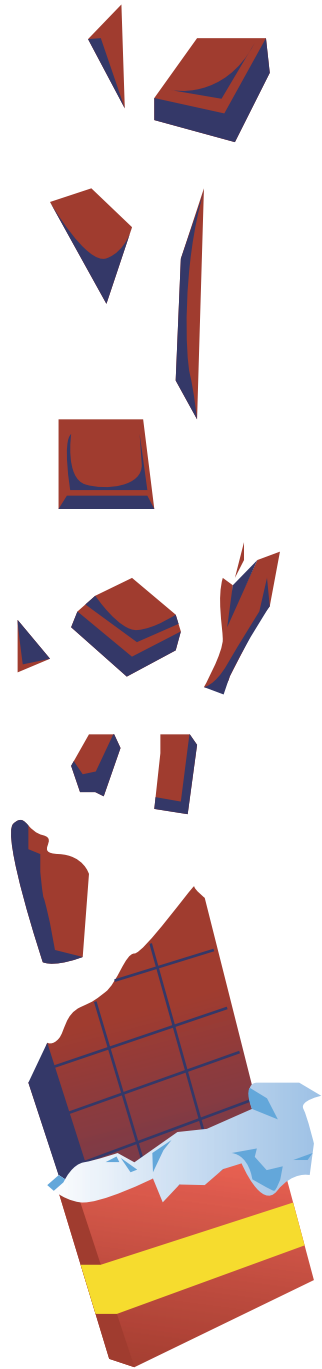
For the cream:

- 2 tbsp yogurt of your choice (Greek, soy or coconut)
- 100 g cream cheese of your choice (e.g. almond cream cheese)
- 1 tbsp maple syrup
- 1 tsp vanilla powder
- some chopped walnuts

PREPARATION

1. Preheat oven to 180°C top/bottom heat.
2. Place the bananas in a baking dish and mash.
3. Mix with other ingredients and bake in the preheated oven for approx. 35-40 mins.
4. Remove from the oven and leave the cake to cool.
5. Stir the cream until creamy and spread over the cooled cake baked oats until smooth.
6. Garnish with chopped walnuts as desired and serve.





PECAN-CHOCOLATE-BANANA BREAD

This recipe contains **Dark Chocolate 70-90% cacao**. Why is this good for me? Relevant Nutrient: Relevant Nutrient: Flavanols and antioxidants. Health Benefit: Flavanols improve heart health by enhancing blood flow and lowering blood pressure. Antioxidants help reduce the risk of chronic diseases like heart disease²⁶.

INGREDIENTS

- 3 ripe bananas, mashed
- 1 cup pecans, chopped
- $\frac{3}{4}$ cup dark chocolate (70-90% cacao), chopped
- 2 cups flour
- 1 tsp baking powder
- 1 tsp baking soda
- $\frac{1}{2}$ tsp salt
- $\frac{1}{2}$ cup sugar (can use brown sugar for richer flavor)
- 2 large eggs
- $\frac{1}{2}$ cup unsalted butter, melted and slightly cooled
- 1 tsp vanilla extract
- $\frac{1}{4}$ cup milk (or any plant-based milk)

PREPARATION

1. Preheat the oven: Preheat to 175°C and prepare a 23x13 cm loaf pan.

2. Mix dry ingredients: In a large bowl, whisk together flour, baking powder, baking soda, salt, and cinnamon.

3. Prepare wet ingredients: In another bowl, combine mashed bananas, sugar, melted butter, eggs, vanilla, and milk.

4. Combine Mixtures: Gradually mix the wet ingredients into the dry until just combined.

5. Add Pecans and Chocolate: Fold in chopped pecans and dark chocolate.

6. Bake: Pour the batter into the pan and bake for 60-70 minutes, until a toothpick comes out clean.

7. Cool and Serve: Let cool for 10 minutes, then transfer to a wire rack. Slice and enjoy!





ZUCCHINI BROWNIE

This recipe contains **Zucchini**. Why is this good for me?

Relevant Nutrient: Vitamin C; Health Benefit: Boosts the immune system, which helps to prevent respiratory and systemic infections²⁷.

INGREDIENTS

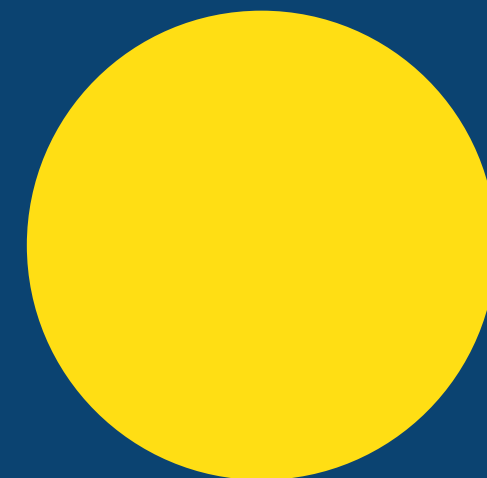
- 110 g oil
- 200 g sugar
- 1 sachet of vanilla sugar
- 250 g flour
- 65 g cocoa powder
- 1.5 tsp baking powder
- pinch of salt
- 250 g grated zucchini

PREPARATION

1. First mix the oil, sugar and vanilla until smooth.
2. Then add the flour, cocoa, baking powder and salt to the mixture and continue to mix.
3. Stir in the grated zucchinis by hand and leave to stand for 5 minutes.
4. Bake at 180°C for approx. 20 mins.
5. This is a basic recipe; you are welcome to refine it with chocolate drops or nuts.



DINNER



BAKED LEMON HERB SALMON WITH BAKED POTATOES

This recipe contains **Salmon**. Why is this good for me?

Relevant Nutrient: Omega-3 fatty acids

Health Benefit: Promotes heart health and reduces inflammation²⁸.

INGREDIENTS

- 2 salmon fillets
- 2 tbsp olive oil
- 1 lemon, sliced
- 2 cloves garlic, minced
- 1 tsp dried rosemary
- Salt and pepper to taste
- 2 medium potatoes, cut into wedges
- 1 tbsp olive oil (for potatoes)
- 1 tsp dried oregano (for potatoes)
- Salt and pepper to taste (for potatoes)
- Steamed vegetables (for serving)

PREPARATION

1. Preheat your oven to 200°C.
2. Place the potato wedges in a bowl. Add 1 tablespoon of olive oil, dried oregano, salt, and pepper. Toss to coat the potatoes evenly.

3. Spread the potato wedges on one side of a baking sheet lined with parchment paper.

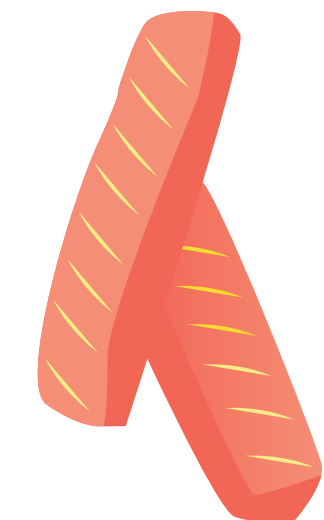
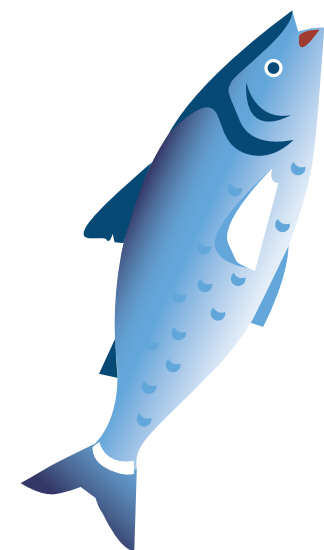
4. Place the salmon fillets on the other side of the baking sheet.

5. In a small bowl, mix together 2 tablespoons of olive oil, minced garlic, dried thyme, dried rosemary, salt, and pepper.

6. Brush the olive oil mixture over the salmon fillets. Place lemon slices on top of each fillet.

7. Bake in the preheated oven for about 25-30 minutes, or until the salmon is cooked through and flakes easily with a fork, and the potato wedges are golden and crispy.

8. Serve the baked salmon with the baked potato wedges and steamed vegetables on the side.





ONE PAN NOODLE

This recipe contains **Edamame**. Why is this good for me?

Relevant Nutrient: Protein; Health Benefit: Supports muscle growth and repair, helps regulate blood sugar levels, and promotes satiety²⁹.

INGREDIENTS

- 220 g rice noodles
- 200 g tofu cubed
- 1 sliced bell pepper
- 1 cup sliced carrots
- 1 cup sliced mushrooms
- 1 cup edamame
- 1 cup cherry tomatoes
- 1 cup chopped broccol

Sauce:

- 500 ml water
- ¼ cup tamari or soy sauce
- ¼ cup teriyaki sauce
- 1 tbsp chili garlic paste or sriracha
- 1 tbsp toasted sesame oil

Garnish:

- 1 tbsp sesame seeds
- 1 tbsp scallions

PREPARATION

1. Pre heat the oven to 200°C
2. Pour and mix sauce ingredients in an oven safe casserole dish
3. Add in the noodles, tofu, and vegetables
4. Put in the oven for 20-25 minutes until sauce is absorbed and noodles are cooked! (Don't overcook it will get mushy!)
5. Add granish
6. Enjoy!



SMOKY TOFU LENTIL CURRY

This recipe contains **Curry**. Why is this good for me?
Relevant Nutrient: Curcumin (found in turmeric); Health Benefit: Acts as an anti-inflammatory and antioxidant, reducing the risk of chronic diseases³⁰.

INGREDIENTS (two portions)

- 200 g smoked tofu
- 120 g red lentils
- 400 g chopped tomatoes
- 400 ml coconut milk (light)
- Garlic clove
- Curry (powder or paste)

Tip: Instead of the light coconut milk, you can buy the regular version and dilute it with water.

PREPARATION

1. Cook the red lentils according to the instructions on the packet.
2. Grate the garlic clove. Cut the tofu into small cubes.
3. Add the coconut milk, chopped tomatoes and tofu.
4. Put the tofu together in the pot with the red lentils.
5. Add the curry spice, season with salt to taste and simmer over a low heat for ~4 mins.



SPAGUETTI BOLOGNESE

This recipe contains **Lentils**. Why is this good for me?

Relevant Nutrient: Protein and fiber

Health Benefit: Supports digestion and provides plant-based protein³¹.

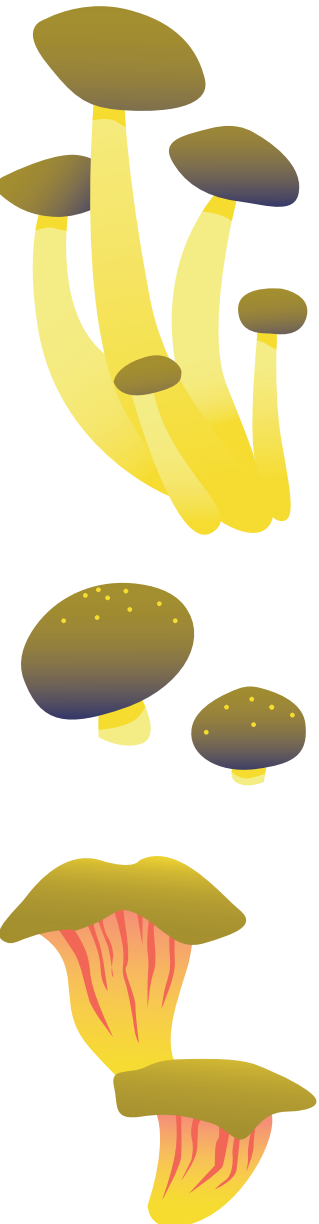
INGREDIENTS (two portions)

- 160g Whole-grain spaghetti
- 1 cup cooked lentils: drained and rinsed
- 1 medium Carrot, diced
- 100g Mushrooms, sliced
- 1 small Zucchini, diced
- 1 Red or yellow bell pepper, diced
- 1 small Onion finely chopped
- 2 cloves Garlic, minced
- 2 tbsp Olive oil
- 2 tbsp Tomato paste
- 1 cup (about 240ml) Canned crushed tomatoes
- ½ cup (about 120ml) Vegetable broth
- 1 tsp dried oregano
- Salt and pepper to taste
- Fresh basil (optional)
- Grated Parmesan or vegan cheese: for serving (optional)

PREPARATION

1. Cook the spaghetti: Boil salted water, cook whole-grain spaghetti until al dente, drain, and set aside.
2. Prepare the veggies: In a large pan, heat olive oil over medium heat. Sauté onion and garlic until translucent. Add carrot, bell pepper, mushrooms, and zucchini, cooking until softened.
3. Make the lentil bolognese: Stir in tomato paste, then add lentils, crushed tomatoes, vegetable broth, oregano, basil, salt, and pepper. Simmer for 10-15 minutes until thickened.
4. Serve: Plate the spaghetti, top with the lentil Bolognese, and garnish with fresh herbs and cheese if desired.





VEGGIE-CHICKEN TACOS

This recipe contains **Mushrooms**. Why is this good for me?

Relevant Nutrient: B-vitamins (such as riboflavin and niacin) and selenium

Health Benefit: Supports the immune system and has antioxidant properties³².

INGREDIENTS

- 6 corn tortillas (15 cm) (Tortillas Sol Puro from Rewe or Edeka recommended)
- 150g mushrooms, sliced
- 1 small zucchini, diced
- 1 red or yellow bell pepper, diced
- ½ cup edamame or black beans, cooked
- 2 cloves garlic, minced
- 1 small onion, finely chopped
- ½ cup soy cream
- Salt and pepper, to taste
- Chili flakes, to taste (optional)

PREPARATION

1. Prepare the Veggies: In a large pan, heat a small amount of oil over medium heat. Add the chopped onion and minced garlic, sauté until translucent. Add the mushrooms, zucchini, and bell pepper. Cook until the veggies are tender, about 5-7 minutes. Stir in the edamame or black beans and cook for an additional 2-3 minutes.

2. Season the Veggies: Season the veggie mixture with salt, pepper, and chili flakes (if using). Remove from heat and stir in the soy cream until everything is well-coated.

3. Warm the Tortillas: Heat the corn tortillas in a dry skillet or in the oven until warm and slightly toasted.

4. Assemble the Tacos: Divide the veggie mixture evenly among the 6 tortillas. Drizzle a little extra soy cream on top if desired.

5. Serve: Serve the tacos warm and enjoy!



MINDFUL RAISIN MEDITATION EXERCISE³³

Mindful Eating encourages us to fully engage with our food, experiencing it with all our senses. Raisin Meditation is a classic exercise used to introduce the principles of mindfulness through simple, everyday action. This exercise will guide you through the process of eating a raisin mindfully, but it doesn't have to be a raisin. You can use any nut, berry, or something else you enjoy.



1. Prepare the Setting: Find a quiet, comfortable place to sit where you won't be disturbed. Take a moment to relax and bring your attention to the present moment.



2. Observe the Raisin: Take a single raisin (or nut, berry, or any small piece of food) and hold it in your hand. Look at it closely, examining its color, shape, and texture. Notice the wrinkles, the shine, and any variations in its appearance.



3. Engage Your Senses: Roll the raisin (or other food) between your fingers. Feel its texture—how it's both rough and smooth, pliable yet firm. Bring it to your nose and inhale deeply, noticing any scents or lack thereof.



4. Listen to the Raisin: Hold the raisin close to your ear and gently squeeze it. Pay attention to any sounds it makes. This step may seem unusual, but it's about engaging all of your senses.



5. First Taste: Place the raisin on your tongue without chewing it. Notice how it feels in your mouth. Move it around, exploring its texture with your tongue.



6. Chew Slowly: Begin to chew the raisin slowly, taking tiny bites. Pay close attention to the taste and texture changes as you chew. Notice how the flavors are released and evolve. Chew thoroughly and mindfully.



7. Swallow Mindfully: When you're ready to swallow, feel the raisin moving down your throat. Notice the sensations in your mouth and throat, and how your body reacts to swallowing.



8. Reflect: After you have swallowed the raisin, take a moment to reflect on the experience. How did it differ from how you usually eat? How do you feel after eating the raisin mindfully?

By practicing the Raisin Meditation, you can cultivate a deeper awareness of the food you eat and enhance your overall mindfulness. This simple exercise can help you bring mindfulness into your daily eating habits, transforming even the smallest snack into a moment of presence and appreciation.

TAKE-HOME MESSAGE

As you wrap up this journey through mindful eating and student-friendly recipes, remember that the relationship you have with food is just as important as what's on your plate. By practicing mindful eating, you've gained tools to better understand your body's needs, reduce stress, and truly savor the moment.

It's important to recognize that mental health is just as crucial as physical health. Mindful eating isn't about following a strict diet; it's about listening to your body and responding to its unique needs. Every person is different, with individual nutritional requirements. While this book offers guidance and inspiration, it's not a one-size-fits-all approach. If you are considering following a specific diet or making significant changes to your eating habits, it is essential to consult a healthcare professional for proper guidance and support.

For general nutritional recommendations, you can refer to the guidelines provided by The German Nutrition Society (DGE³⁴), which offer a solid foundation for maintaining a balanced diet.

Carry these principles with you beyond the kitchen, and let mindful eating be a foundation for a balanced and fulfilling life. **Thank you for joining me on this journey!**



MORE INFORMATION

You can find additional information and resources through the following links below. Each of these websites offers valuable insights into nutrition, mental health, and well-being. Keep in mind that these pages offer general advice and guidelines for informational purposes.

The German Nutrition Society (DGE). The DGE provides scientific nutrition guidelines, promotes research, and advocates for public health policies to improve healthy eating in Germany ³⁴. For more detailed information, you can visit their official website: <https://www.dge.de/english/>

Planetary Health Diet. A diet focused on improving health and reducing environmental impact by emphasizing plant-based foods over animal-based products³⁵. For more details, you can visit: <https://www.dge.de/gesunde-ernaehrung/nachhaltigkeit/planetary-health-diet/>

Healthy Eating Plate. Harvard's visual guide for balanced meals, prioritizing whole grains, vegetables, and healthy proteins while limiting processed foods³⁶. For more details, you can visit the official website: <https://www.health.harvard.edu/staying-healthy/healthy-eating-plate>

CamPuls is a student health research project at HAW Hamburg designed to support students' mental and physical well-being. It offers various health-promoting services for students at HAW Hamburg. The project covers topics like mental health support, mindfulness, resilience-building, and general health awareness. Its aim is to help students maintain balance in their academic and personal lives through self-care strategies and community resources³⁷. Here are some examples of what CamPuls offers:

- Mental Health First Aid
- Meditation
- Resilience-Workshops
- HEALTHYLAND Festival

For more details, you can find CamPuls on the HAW website and on instagram at [campuls_hawhamburg](#).



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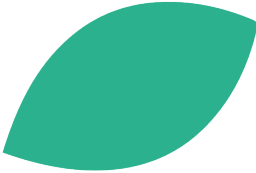
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