



MINDFOODNESS

Menu yoga retreat Sample

Breakfast

Vegan porridge with banana and peanut butter
Mushrooms pancakes
Sourdough bread
Butter, jam, almond puree
Fruits
Smoothie

Lunch

Sweet potatoes salad and yogourt dressing
Quinoa salad with pomelo, avocado, broccoli, seeds and mint pesto
Carrot and orange houmous
Peas and wasabi ricotta mousse
Toast
Fruits

Diner

Miso soup
Turmeric sauteed rice with spinach, cashew nuts and grilled tofu
Chia pudding with berries and coco crumble