

FIT
GREEN
MIND

2025

Foodie Gift Guide



caramelised nuts

5 SERVINGS, 15 MIN PREP TIME

- 1 cup (200g) sugar
- 3/8 cup (100ml) water
- 200g almonds
- optionally: a little cinnamon & vanilla extract

Heat up sugar and water, stir and bring it to a bubble. Stir almonds in and let them caramelise for 5-7mins while stirring constantly. Place on a parchment paper and let them harden. Then break into pieces and enjoy.



mug cake mix

1 JAR CAKE MIX, 5 MIN PREP TIME



- 1 cup (130g) flour
- 1/2 cup (50g) cocoa powder
- 2/3 cup (135g) sugar
- optional: 1 package vanilla sugar
- 1 Tsp salt
- 1 Tsp baking powder

Preparation:

Mix 1/2 cup (60g) mug cake mix, 1/4 cup (60ml) plant milk and 2 Tbsp oil and bake at 180C/360F for 25mins or microwave for 90sec

homemade pasta stars

3 SERVINGS, 40 MIN PREP TIME

- 425g flour
- a pinch of salt
- 300ml water

Knead 5-7mins until it's a smooth dough. Rest 25mins.

Roll out the dough thinly, generously dust it with flour.
Cut in your desired shape using e.g. a star cookie cutter.

Let them dry and fill in cute bags. They'll last 2-3 months
and take about 4-5mins to cook.



infused oil

3 BOTTLES, 30 MIN PREP TIME



Heat up the oil on medium low heat, add either Rosemary, garlic or lemon peel and let it infuse for 20mins.

Let it cool and fill in bottles. This will last 2-3months.

Rosemary

- 3 springs Rosemary
- 150ml olive oil

Garlic

- 3 cloves garlic, peeled and smashed
- 150ml olive oil

Lemon

- zest of 1/2 lemon cut in stripes
- 150ml olive oil

really good spices



Together with plant-based chef Sebastian Copien and bio brand SoulSpice, we created these spices to transform any basic sandwich into a flavorful meal.

Get them separate or as a bundle.
Use Code **Maya10** for a 10% discount on everything.

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GERMAN ONLY

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We teamed up with vegan French sneaker brand MoEa to create a unique Fitgreenmind sneaker crafted from corn, orange peel and palm material.

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