



European Pedagogics and Nutrition

# Masovian Cooler



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## Nutritional aspect

- Mazovian Cooler is a dish for a nutritious dinner as an alternative to hot and heavy dishes that do not serve us in the summer.
- It is a source of wholesome protein, and vegetables provide the body with vitamins and minerals.
- This dish not only tastes great, but also looks beautiful!



## Masovian Cooler

### Ingredients:

- Kefir 1000cm
- Beetroots 250g
- Fresh cucumber 1
- Radish 1 bunch
- Dill 1 bunch
- Chive 1 bunch
- Eggs 3 (hard-boiled)
- Lemon juice
- Sugar
- Salt and pepper

### Preparation:

- Wash the beets, cook in the skin, peel and grate on a large mesh grater.
- Cucumber and radish cut into cubes.
- Finely chop the dill and chives.
- Whisk up kefir, add all Ingredients. Season to taste with salt, pepper, sugar and lemon juice.
- Place eggs in each portion of the cooler.

