

**Eating fruits and
vegetables is good for
you !!!**



By Victor, Lilou and Sabrina

MENU

Starter

salmon cheesecake

+

tomato salad

main dish

kiri vegetable bruschetta

dessert

melon ball with strawberry

and a hint of basil

+

smoothie and fruit

Original recipe good
for health

Cucumber
and green
apple
mousse

Preparation time: 10 min

For 4 people

For this recipe you will need:

1 cucumber

2 green apples

1 tablespoon of olive oil

1 tbsp rapeseed oil

1 tablespoon of raspberry vinegar

4 mint or basil leaves

Salt and pepper

Preparation:

Peel the cucumber, then peel and seed the apples;

Cut the cucumber into slices and the apples into pieces;

Mix with the oils; add salt and pepper;

Pour the mousse into verrines, and decorate with a mint or basil leaf;

Serve chilled.

The chef's tip:

Good to know: with a high potassium to sodium ratio, cucumber is a diuretic vegetable.

Texte pour la vidéo de Lilou

Hi all !

It's Lilou, and today I'm going to teach you how to cook a rather original recipe : a cucumber and green apple mousse. Don't worry, this recipe is easy to make ! Already you will need :

1 cucumber,
2 green apples,
1 tablespoon of olive oil,
1 tablespoon of rapeseed oil,
1 tablespoon of raspberry vinegar,
4 mint or basil leaves,
salt and pepper.

The meal will take 10 minutes to prepare and will be for 4 people. Are you ready ? So let's go ! Start by : peel the cucumber, then peel and seed the apples. Then, cut the cucumber into slices and the apples into pieces. Then mix with the oils then salt and pepper. Now, pour the mousse into verrines and decorate them with a mint or basil leaf.

To be served chilled ! This is a good meal to enjoy with the family ! I hope this recipe will have inspired you and especially pleased you. It only remains for me to wish you a good day ! Bye everyone !