

Making tasty dishes without salt, fat and sugar ?

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I met Marcello in Venice a while ago, Back then he introduced me to his revolutionary concept **La Cucina del Senza®** a non salt-sugar-fat cuisine.

So, it is possible to make tasty dishes without the addition of salt, fat and sugar ?

YES! According to **Lucia and Marcello Coronini**, journalists, food critics and life companions and authors of the new book **MANGIARE CON GUSTO E VIVERE 100 ANNI** EATING WITH TASTE AND LIVING 100 YEARS



Researches have selected different foods with substances able to improve the quality of life and lengthen their life. Several books have been written on the importance of these foods called smart, longevity or life saving, able to protect against diseases such as diabetes, cardiovascular problems, hypertension, tumors, etc.

70 recipes carefully studied by the authors who inserted 80 LIFE SAVERS ingredients into the dishes, a splendid marriage was born with La Cucina del Senza, eliminating fat, salt and added sugar, balancing the metabolism, disinfecting the body and helping to eliminate excess fat naturally, the use of life savers enhances the effects on health. Coronini himself lost 5.5 kg without going on a diet and his pressure has normalized.



Some lifesavers will surprise the reader like the coffee that you do not expect or the bargain that everyone thinks is rich in sugar, while in reality it contains only 4 g in 100, and then the caper that has incredible properties and to finish the dark chocolate and “authentic” mustard. In addition to that, you will find new ways of cooking that simplify and lighten the preparation

Here one of my fav

HUMMUS WITH BEETROOTS AND CHICKPEAS



Hummus is a vegetable sauce that has Lebanese origins and is widespread throughout the Mediterranean (Egypt, Greece, Syria, Turkey and Israel). This version, of a beautiful cyclamen

color, contains ingredients with important nutritional properties. If not consumed immediately put it back in the refrigerator in an airtight container, it will be stored for a couple of days. The thaina sauce is a sauce made from sesame seeds.

INGREDIENTS AND HOW TO COOK

500 g of drained canned chickpeas
 or 300 g of dried chickpeas
 200 g of already cooked beets
 100 g of thaina sauce
 2 cloves of garlic
 1 small red onion
 1 teaspoon of cumin
 1 tablespoon of spicy paprika or spicy chilli powder
 3-4 tablespoons of extra virgin olive oil of olive
 1 lemon
 1 tablespoon of thyme or parsley

Cook the dried chickpeas if you use them in water without salt added after have left them soaking for one night, if for reasons of time instead you have to use chickpeas in box, wash them under running water warm or immerse them for 3 minutes in boiling water (that will go away light taste of closed and you will eliminate the added salt); drain and remove them the external skin. Cut the beets into pieces and put them in the mixer with chickpeas, the thaina sauce, the private garlic of the soul, the chopped onion, lemon juice, paprika, cumin and oil. Add little with little water to give the right consistency: it must not be neither too hard nor too soft. Blend at intervals Sprinkle with fresh thyme or parsley. This sauce is perfect with bread croutons, hot wholemeal bread and paired with cooked vegetables.

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