SUSTAINABLE FOOD BOOK



GRAPUR

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WHAT'S INSIDE

Healthy, vegetarian, and vegan recipes, perfect to enjoy with Grapur. Simple, delicious, and sustainable dishes made for sharing, crafted to enhance every sip with nature-friendly ingredients.

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GREEN BLISS TOAST

PERFECT TO PAIR WITH BIANCO D'ITALIA

INGREDIENTS

3 slices of whole grain or rye bread
1 ripe avocado
Juice of 1/2 lemon
Salt to taste & pink pepper to taste
Extra virgin olive oil to taste
Red pepper flakes (optional)
Sesame or hemp seeds (optional)

PREPARATION

Mash half the avocado with lemon juice, salt, and a drizzle of olive oil. Toast the bread until crispy, then spread the avocado cream over the slices. Top with avocado slices and finish with pink pepper, parsley, and seeds of your choice. Enjoy! 🥑✨



CREATIVE/NON-VEG VARIATIONS

🍳 Protein Boost: Add a poached or scrambled egg on top of the toast.
🧀 Cheesy Touch: Crumble some feta or sprinkle parmesan flakes for a stronger flavor.
🍎 Fresh Twist: Add halved cherry tomatoes for a fresh note.
🌶️ Mexican Vibe: Add jalapeños and a pinch of cumin for a tex-mex touch.
🌰 Nutty Flavor: Drizzle almond butter or tahini for a creamier twist.

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RAINBOW HUMMUS

PERFECT TO PAIR WITH BIANCO D'ITALIA

INGREDIENTS

250 g of cooked chickpeas
2 tablespoons of tahini
Juice of 1 lemon
1 garlic clove
2 tablespoons of extra virgin olive oil
Salt to taste

PREPARATION

Blend all the ingredients with your chosen variant until you get a smooth cream. Adjust the consistency with water if needed. Serve with a drizzle of olive oil and garnish as desired.



COLOUR VARIATIONS

Orange Hummus: 1 teaspoon of smoked paprika
Pink Hummus: Half a cooked beetroot
Classic Hummus: A pinch of cumin
Green Hummus: A handful of fresh spinach and a few basil leaves

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AVOCADO&MUSHROOM TOAST

PERFECT TO PAIR WITH BIANCO D'ITALIA

INGREDIENTS

1 avocado
200 g champignon mushrooms
Rye bread
1 lime
Parsley, to taste
Extra virgin olive oil, to taste
Salt, to taste

PREPARATION

Cut the avocado in half, remove the peel and dice the flesh.

Blend it with olive oil, salt, and the juice of half a lime until smooth.

Slice the mushrooms and sauté them in a pan with a drizzle of olive oil, a clove of garlic, and chopped parsley.

Cook until they are tender.

Toast the rye bread slices, spread the avocado cream on one side, and top with the mushrooms.



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COLORFUL CHIPS

PERFECT TO PAIR WITH ROSSO D'ITALIA

INGREDIENTS

200 g beetroot
150 g sweet potato
150 g carrots
2 zucchinis
Salt, pepper, and spices
Fresh herbs of your choice

PREPARATION

Microwave:
800W, in short intervals for better control
Potatoes: 8 minutes (3 + 3 + 2 min)
Beetroot and zucchini: 5 minutes

Air fryer:
170°C for 15 minutes

TIPS

🔪 Slice the vegetables very thinly using a mandoline
🔄 Turn them halfway through cooking for even browning
🚫 Do not overlap the slices
🧂 Add salt at the end to keep them crispy



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LEMON GNOCCHETTI

PERFECT TO PAIR WITH ROSSO D'ITALIA

INGREDIENTS

400 g potato gnocchi
100 g plant-based cream
1 lemon
8 mint leaves
1 garlic clove
Pink peppercorns

PREPARATION

Prepare the lemon cream by blending the lemon zest with finely chopped mint, pink peppercorns, and a pinch of salt.

Sauté the garlic in hot extra virgin olive oil, then add the cooked gnocchetti, the lemon cream, three tablespoons of lemon juice, and the plant-based cream.

Plate and garnish with a drizzle of extra virgin olive oil and a few fresh mint leaves.



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BRUSCHETTA WITH GREEN SAUCE AND CHERRY TOMATOES

PERFECT TO PAIR WITH BIANCO D'ITALIA

INGREDIENTS

450 g tomatoes
15 g parsley
1 tablespoon pickled capers
2 garlic cloves
2 anchovy fillets in oil
5 basil leaves
50 g extra virgin olive oil
6 slices of rustic bread

PREPARATION

Slice the tomatoes and season them with olive oil and salt.

Blend the parsley, garlic, capers, basil, anchovies, and extra virgin olive oil at high speed until smooth.

Toast the bread slices on a hot grill for about 2 minutes on each side.

Spread the green sauce over the toasted bread and top with the seasoned tomatoes.



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MEXICAN SALAD

PERFECT TO PAIR WITH BIANCO D'ITALIA

INGREDIENTS

Mixed green beans
Sweet corn
Green bell pepper
Fresh jalapeño
Cherry tomatoes
Avocado
Red onion
Fresh coriander
Extra virgin olive oil
Lime
Ground cumin
Salt

PREPARATION

Drain and rinse the canned beans and sweet corn.

Wash and dice the bell pepper, tomatoes, red onion, jalapeño, and avocado.

Wash the coriander and finely chop it. Combine all the ingredients in a salad bowl and mix well.

Season with extra virgin olive oil, lime juice, ground cumin, and salt.



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SUMMER MILLE-FEUILLE

PERFECT TO PAIR WITH BIANCO D'ITALIA

INGREDIENTS

1 round eggplant
3 mozzarella
4 tomatoes
3 zucchini
Extra virgin olive oil
Salt
Pepper
Fresh basil

PREPARATION

Slice the eggplants and zucchini into 4–5 mm thick slices and grill them on a hot griddle.

Slice the tomatoes and mozzarella to the same thickness and leave them to drain.

Season with olive oil, salt, pepper, and chopped basil, then set aside.

Assemble by layering the different slices, finishing with the top slice of the tomato.



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