



eTwinning & Erasmus+

PLANet B: Responsible Consumption

2024-2025

ECO SNACK

The students of the Environmental Club welcomed the Romanian students. They prepared **eco-friendly handmade treats** using Greek organic products and listed the ingredients in small menus, explaining their nutritional value to the Romanian visitors.

Preparation



Preparation



Eco snacks



Eco snacks



Eco snacks



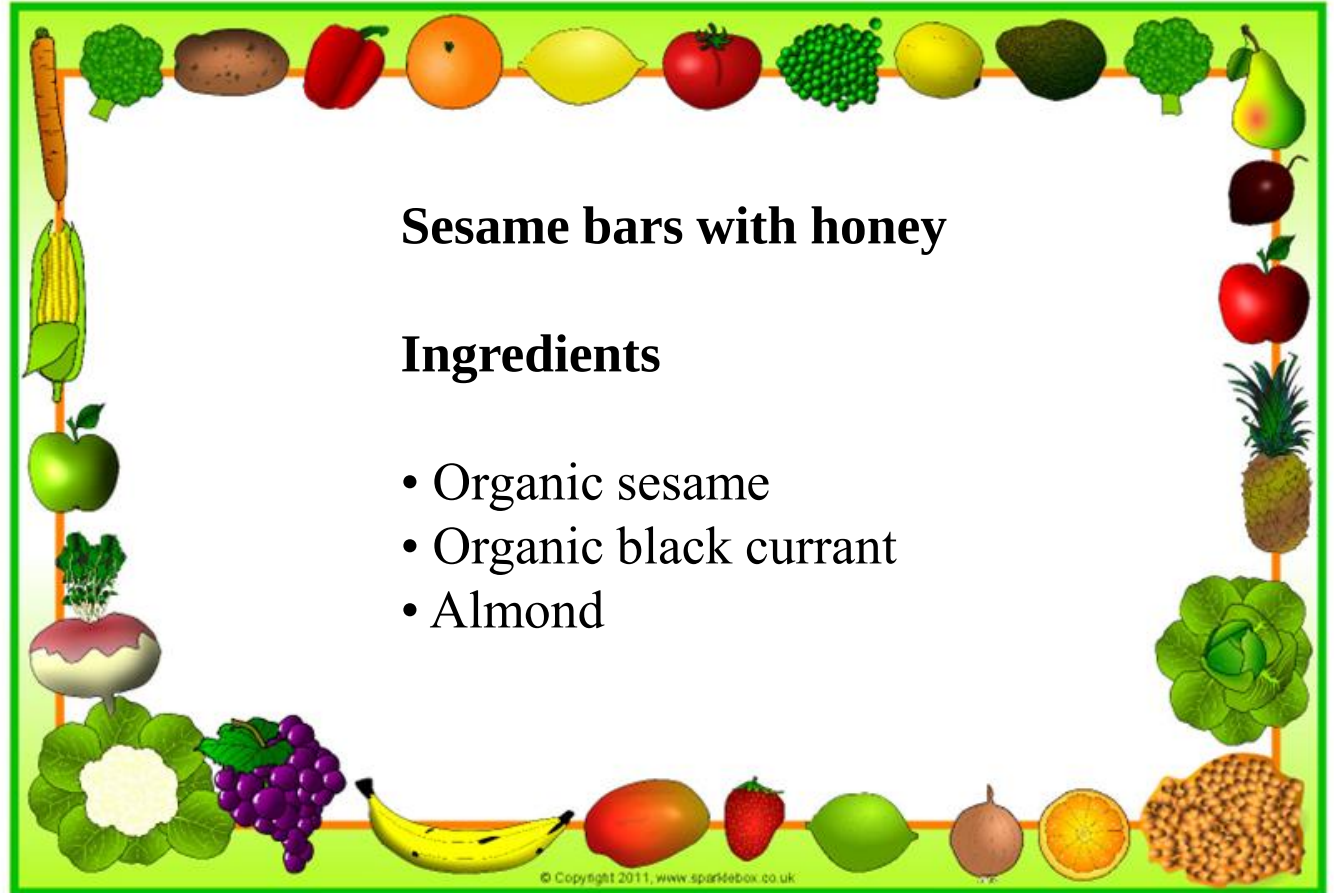
Eco snacks



Sesame bars with honey

Ingredients

- Organic sesame
- Organic black currant
- Almond



Eco snacks



Olive pies with feta

Ingredients

- Plain yogurt
- All-purpose flour
- Baking powder
- Sesame seeds
- Pitted olives, finely chopped
- Sunflower oil
- Eggs
- Feta cheese

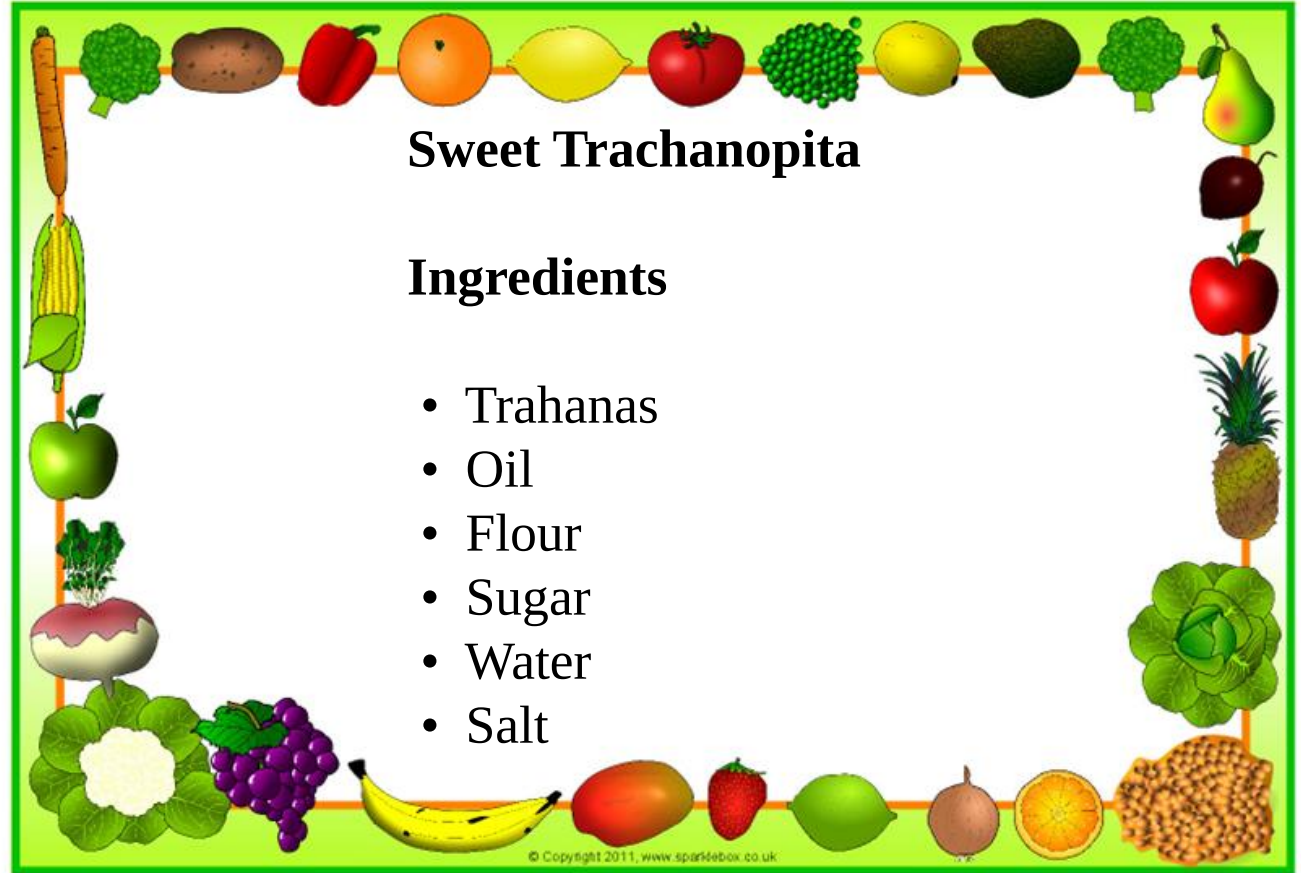
Eco snacks



Sweet Trachanopita

Ingredients

- Trahanas
- Oil
- Flour
- Sugar
- Water
- Salt



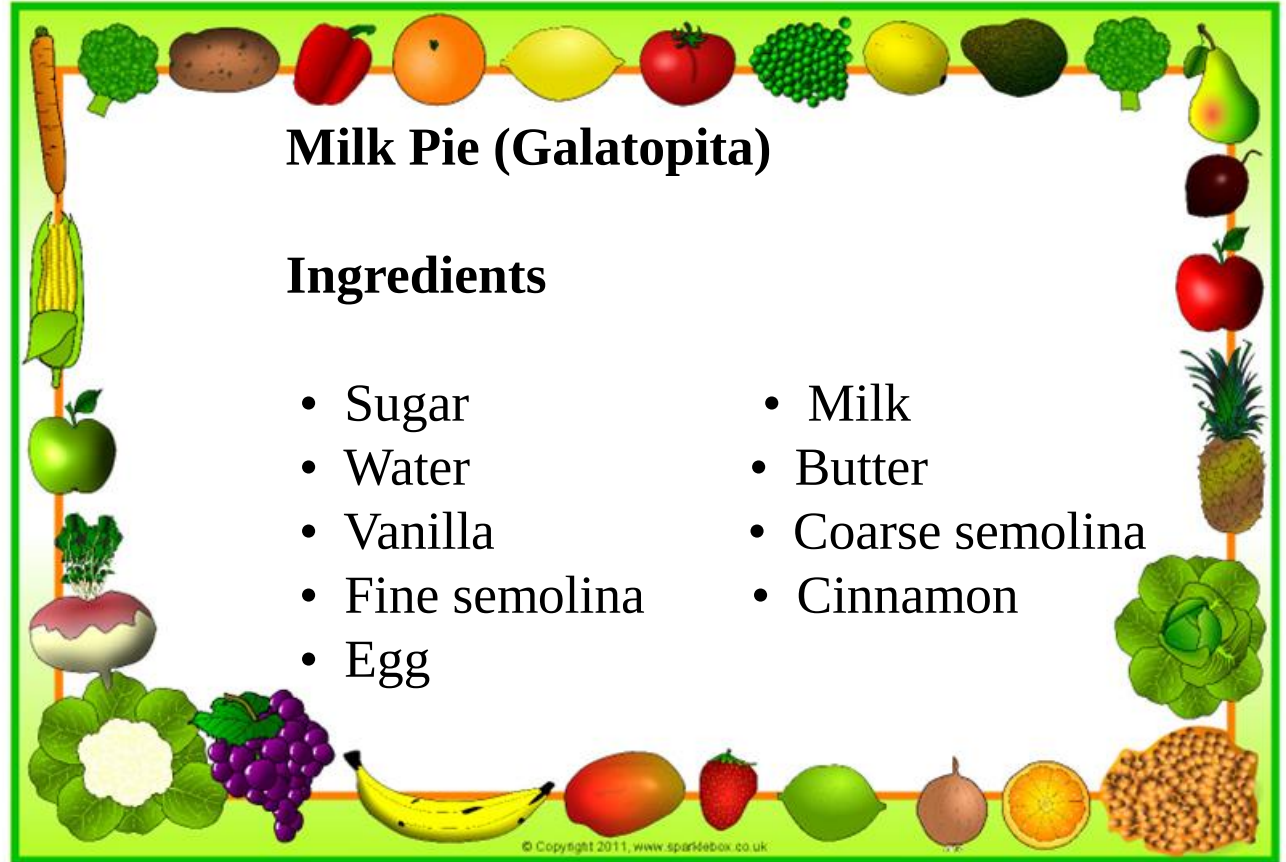
Eco snacks



Milk Pie (Galatopita)

Ingredients

- Sugar
- Water
- Vanilla
- Fine semolina
- Egg
- Milk
- Butter
- Coarse semolina
- Cinnamon



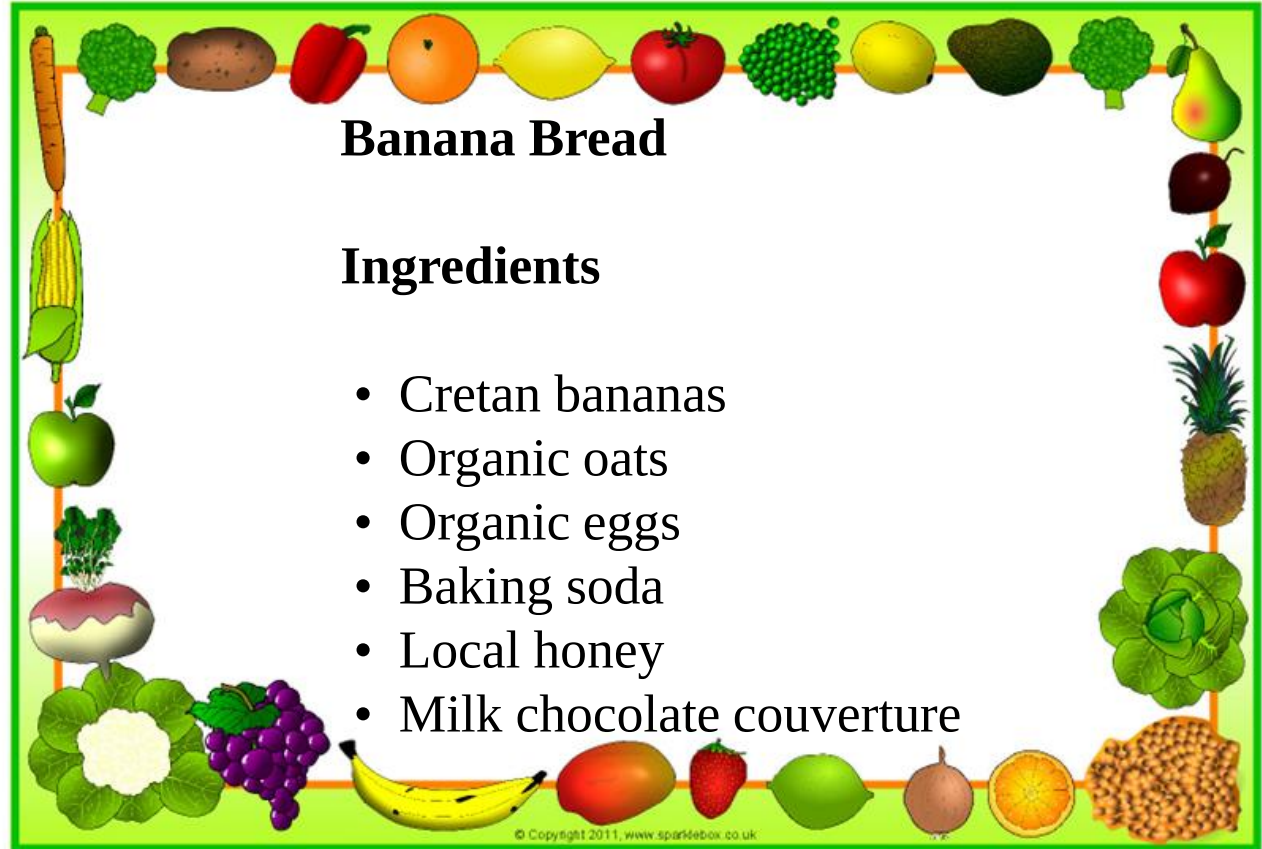
Eco snacks



Banana Bread

Ingredients

- Cretan bananas
- Organic oats
- Organic eggs
- Baking soda
- Local honey
- Milk chocolate couverture



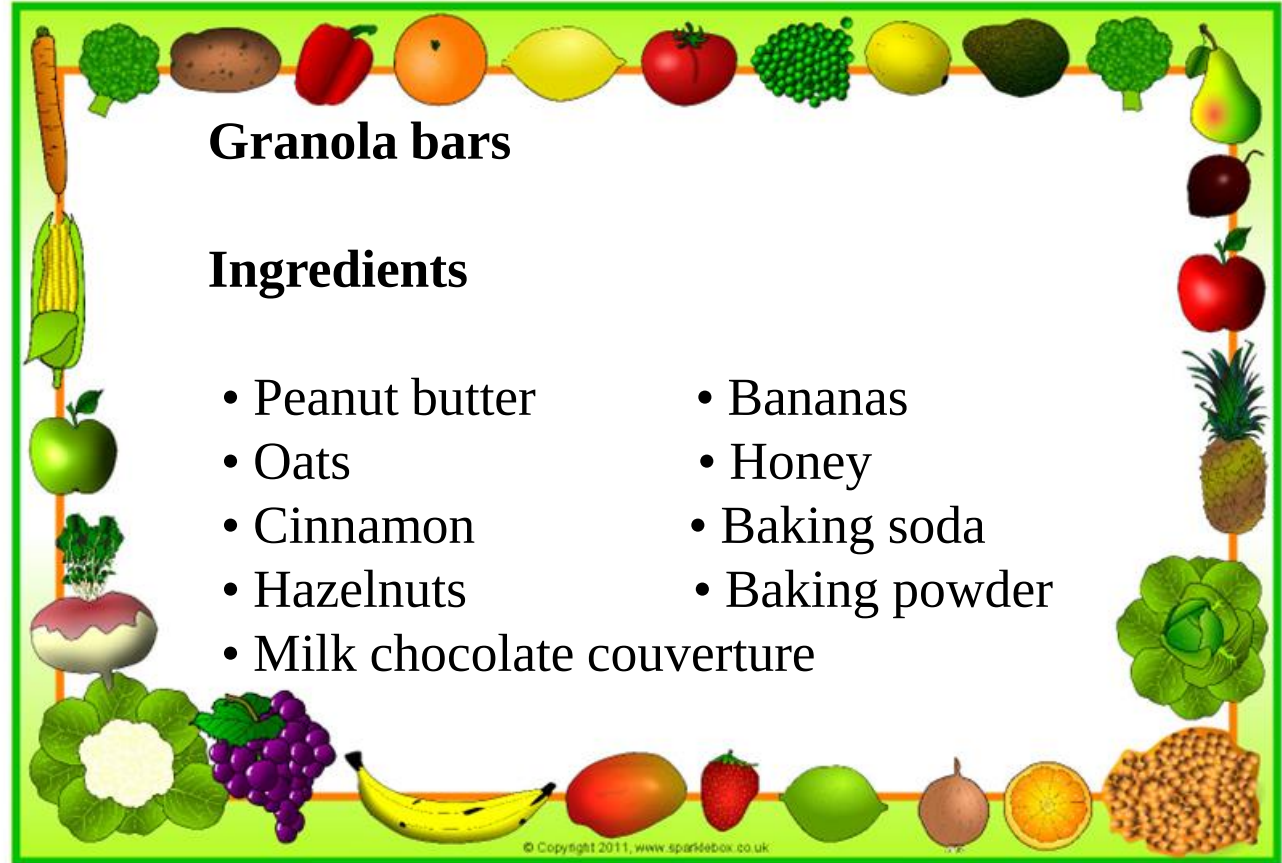
Eco snacks



Granola bars

Ingredients

- Peanut butter
- Oats
- Cinnamon
- Hazelnuts
- Milk chocolate couverture
- Bananas
- Honey
- Baking soda
- Baking powder



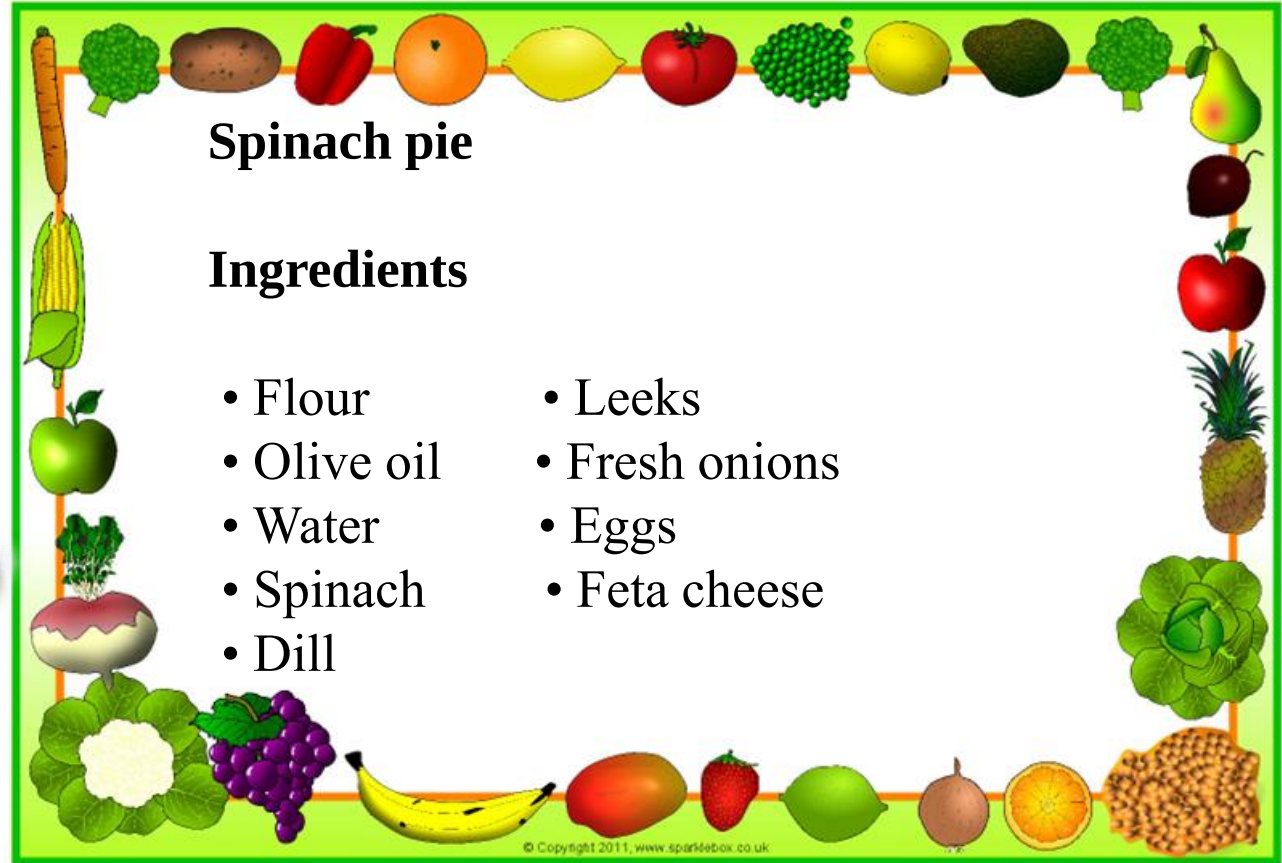
Eco snacks



Spinach pie

Ingredients

- Flour
- Olive oil
- Water
- Spinach
- Dill
- Leeks
- Fresh onions
- Eggs
- Feta cheese



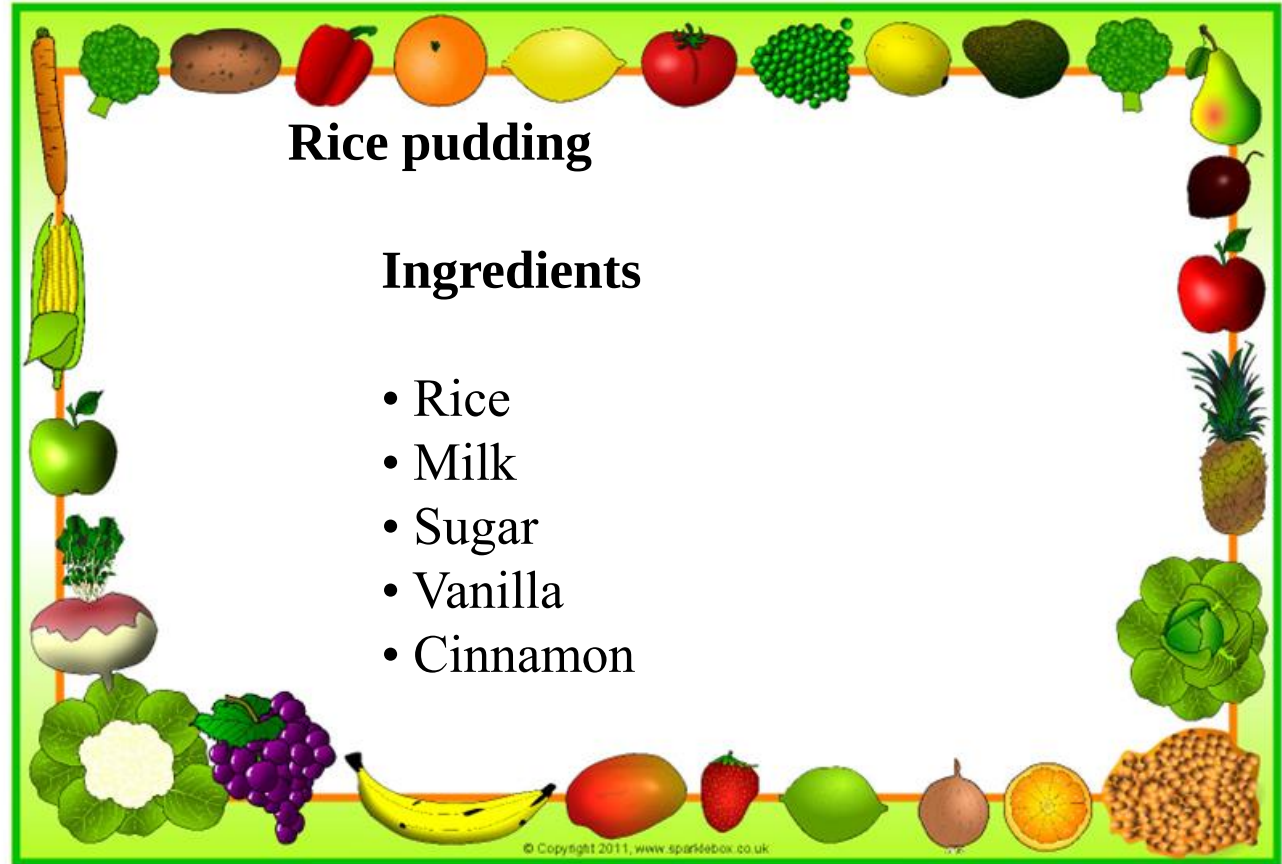
Eco snacks



Rice pudding

Ingredients

- Rice
- Milk
- Sugar
- Vanilla
- Cinnamon



Eco snacks



Cheese Pies

Ingredients

- Flour, Oil
- Vinegar, water
- Salt
- Feta cheese
- Anthotyro
- Pepper
- Eggs



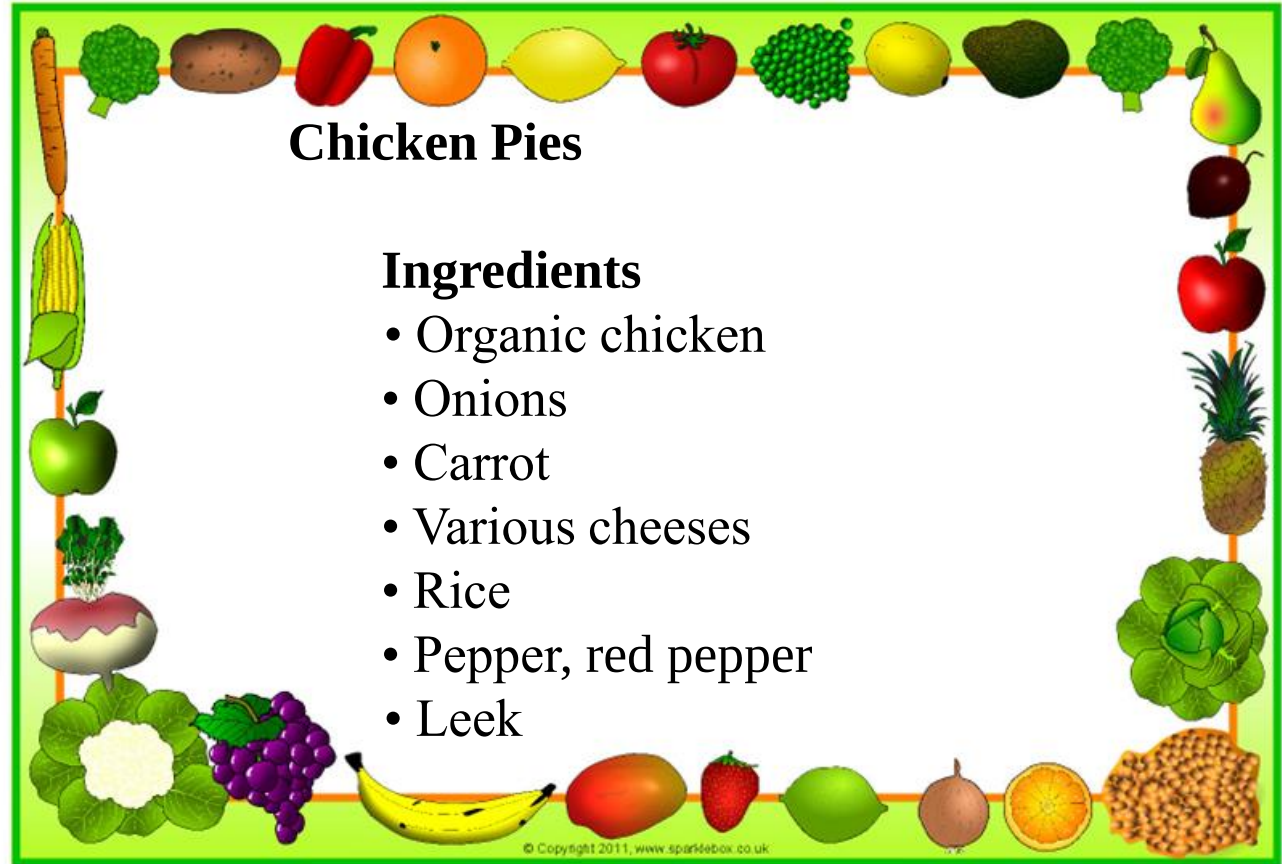
Eco snacks



Chicken Pies

Ingredients

- Organic chicken
- Onions
- Carrot
- Various cheeses
- Rice
- Pepper, red pepper
- Leek





Υπεύθυνη καθηγήτρια: Δήμητρα Παπανικολοπούλου