

„SUN LIFE“



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ŽILVINAS UŽKURAITIS



Vegetarian kitchen chef Žilvinas Užkuraitis says his whole family - are vegetarians (since 1993), and his son, who is 22, years old from his childhood has nor even tasted meat, fish and eggs.

Ž. Užkuraitis tells that the climate of Lithuania is especially favorable to the vegetarian lifestyle. All of these products grow here, in Lithuania. Just take care that the products you buy are without commercial tricks: the color of the chemicals, the taste and the expiration time.



WHAT Ž. UŽKURAITIS IS INTERESTED IN?



Also Ž. Užkuraitis is a Healthy Lifestyle and Ayurvedic Nutrition Specialist. He has been studying ayurvedic for over 18 years. The farmer is interested in spices with healing properties and created a recipe of a vegetarian sausage that is very popular in the UK. He is a lecturer at the Lithuanian Health Club. And lives in the Kėdainiai district.

WHAT DOES THE AYURVEDIC WORD MEAN?

This word consists of two meanings: ayur connotation life. Lead means knowledge. Ayurveda is the knowing how to live or life art.



Ž.UŽKURAITIS FARM



The farmer grows about 30 kinds of eco – friendly vegetables without any fertilizers. Tasty berries, fruits, bees buzzing in the hive all can be found in his farm. Apples, berries, tomatoes, cucumbers, aubergines are dried up for winter. He also has fermented things: cabbage, apples, grape leaves, cucumbers ... His wife and he are trying to increase flora and fauna variety. They are working on their own and don't have any other helping hands because they have only 1 hectare farmland.

VEGERATIANS – *Eco* – *friendly FAMILY*



Ž. Užkuraitis family doesn't eat meat, eggs mushrooms and fish. And for all these things he has an explanation - he doesn't eat fish because it has worms (especially stints), and they die only at 300 ° C, does not eat eggs, because they are have a lot of Sestrogen.

Ž. UŽKURAITIS

VEGETARIAN SAUSAGE

RECIPE

You will need:

- 2 glasses of peas flour.
- 4 glasses of water.
- 3 spoons of red beet juice.
- 2 spoons of calendula seeds.
- A pinch of black pepper.
- 2 teaspoons of salt.
- 100 g of sunflower oil.
- Metal, glass or silicone form.





Pour the peas flour into 4 glasses of boiling water, stir. Add crushed spices, salt, beetroot juice and oil. Cook for about 7 to 10 minutes.

Pour the prepared mass into the form. Refrigerate.

The frozen product is taken out of the form.

Keep it in cold place, about two to three days.

Bon appetite.

SPICES



For many years, Žilvinas Užkuraitis, who is interested in ayurvedic lifestyle, especially appreciates various spices, which not only enrich the dishes with subtle aromas but also have healing properties.

Ž. Užkuraitis who is interested in oriental food believes that spices not only have healing effect, but also strengthen the immune system and have a positive influence on a person's character. The energy of the sun is transferred to the plants. Spices are natural antibiotics, so their shelf life is unlimited. There are 6 main flavors: spicy, salty, sour, sweet, bitter and pungent. Ayurvedic nourishment basics are orientated on them.



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Žilvinas Užkuraitis

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