

off the fence.

Homemade by Ebba (Series 1)

9 x 30'

EPISODIC BREAKDOWN

9. Episode 9 - Christmas Special

1. Episode 1

Ebba has her girlfriends over for brunch. She makes them a wonderful gluten free almond and coconut date cake, cheesebuns, hummus, pesto along with an irresistible loaf of bread!

2. Episode 2

In this episode Ebba shows us how to make a lovely breakfast using quinoa, Italian lemon olive oil (coldpressed) and ripe mango. Delicious salad with roasted quinoa, feta and more. Lovely avocado choc pudding to live for, a carrot salad, Italian barley soup with parmesan and last but not least wholegrain pasta!

3. Episode 3

Ebba receives help from her children making wholegrain delicious waffles, homemade wholegrain fahitas pancakes with vegetables and pesto. Popcorn and caramel cake that nobody can resist!

4. Episode 4

Ebba teaches us why she drinks warm lemon water when she wakes up. She makes herself a green juice and two kinds of wonderful smoothies (blueberry and chocolate). And then she makes a simple bolognese in no time for her family!

5. Episode 5

Audience is taught to make delicious vegetarian lasagna with basil pesto. A divine salad dressing that is easy to make and makes all salad tastes good and along with a raw food chocolate peanut butter cake!

6. Episode 6

In this episode Ebba makes a blueberry chia pudding, a lovely desert that is so healthy it can be a breakfast as well, made from organic Greek yoghurt. Ebba also makes wholegrain spelt pizza with vegetables with her son and scrumptious blueberry muffins!

7. Episode 7

This episode theme is what to take with you when travelling with kids. How to make your own chocolate date candy, almond mix in a bag, warm cacao, cinnamon buns without any yeast (takes much less time). Last but not least a vegetable pesto soup, loved by all, made outside for the family, perfect for any gathering.

8. Episode 8

Ebba makes a sugarfree banana, lemon ice-cream with her daughter. Mexican soup perfect for any Saturday evening and an egg free delicious chocolate cake and the perfect vegetable quiche.