

National Bestseller  
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A traditional East Asian ink wash painting (suiboku-ga) featuring several dark, gnarled branches of cherry blossoms. The blossoms are rendered in soft shades of pink and red, with delicate petals and visible stamens. A small, dark bird is perched on one of the lower branches, facing left. The background is a light, textured grey. In the bottom right corner, there is a signature in cursive script that reads "W. Godowska 2022".

# Flowers on a plate

*DR BEATA KULESSA*

Recipe Book

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# **Flowers on a plate**

***Dr BEATA kULESSA***

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**The author of e-books is Dr. Beata Kulesa, a healthy lifestyle enthusiast and experienced nutrition consultant, who is dedicated to promoting healthy eating and sharing her knowledge on the impact of food on our well-being. Her e-books are not just a collection of recipes, but also provide inspiring tips on taking care of yourself through the kitchen.**



**If you are looking for healthy and delicious dishes that will spice up your life, then this e-book is perfect for you. It is the ideal solution for those who want to incorporate more nutrients into their diet and transition to a healthier lifestyle.**

**Trust the professional and get a series of ebooks on nutrition "Superfood" today! Scan the QR code and see where you can buy B. Kulesa's e-books**





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# Introduction

*I am the author of the book "Flowers on the Emotional Plate". I want to encourage you to discover the goodness of plants in nutrition, which not only positively affects our body, but also our emotional well-being. I will convince you that eating full of colors and flavors can be not only healthy, but also a wonderful sensory experience. Through my book, you will learn how to harness the power of plants to improve your well-being and quality of life. Ready for culinary adventures with flowers? Let's start!*

*I am a doctor and a nutrition consultant, passionate about researching the impact of plants on our health. I want to share my knowledge and experience with you to help you utilize the goodness of plants in nutrition.*

*Flowers on the plate are not just recipes, but also a journey through the world of emotions, flavors, and positive experiences. I want to show you how important the impact of food is on our well-being and how we can improve our mental health through proper nutrition.*

*So I invite you to this magical journey that will illuminate your plates with flowers and smile gently at you, not only stimulating your senses, but also opening new perspectives and possibilities in the kitchen and in life.*

*I wish you a delicious reading and tasty experiences!*

*With love, Dr. Beata Kulessa*

*R. Godowski  
2022*



# Elderberry nectar Love

## Ingredients

- 12 cups of elderflowers
- 1 liter of water
- 1 lemon
- 2 cups of sugar

## Instruction

Collect fresh elderflower blossoms, remove the green stems, and wash them under running water. In a large pot, bring water to a boil.

Add the elderflower blossoms and lemon juice, and simmer for about 10 minutes. Remove the pot with the elderflower blossoms for about 24 hours to allow the drink to develop an intense flavor.

Strain the drink, add sugar, and simmer for another 10 minutes. Let it cool, then transfer to bottles and store in the fridge.

To prepare elderflower drink, gather fresh elderflower blossoms, preferably in early summer when they are in full bloom. Then, wash the flowers under running water to remove any impurities.

## Why is it good for your health:

Elderflower drink is excellent as a refreshing drink on hot days, it can also be added to cocktails and mocktails.

Elderflowers are rich in antioxidants, vitamin C and anti-inflammatory compounds, so consuming them is beneficial for health.

They also help in treating viral infections, lowering blood pressure and boosting immunity.

Additionally, they have a calming and anti-inflammatory effect.

