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## EASTER MENU

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If you celebrate Easter, are you looking for inspiration for a healthy and maybe non-traditional alternative menu? Easter represent a moment of family gathering and conviviality. We have prepared for you a simple and tasty menu, with recipes from the book “*At Longevity’s Table*” by Fondazione Valter Longo Onlus, in collaboration with the Create Cures Foundation. Prepare it together with your loved ones, involving also your little ones. In this way, you can teach them how to eat healthy even during the holidays.

### APPETIZER

*ARTICHOKE STEM “CROSTINI”*

(Valter Longo, *At Longevity’s Table*)\*

### FIRST COURSE

*LINGUINE WITH FAVA BEAN PESTO*

(Valter Longo, *At Longevity’s Table*)\*

### SECOND COURSE

*BAKED ANCHOVIES*

(Valter Longo, *At Longevity’s Table*)\*

### SIDE DISH

*RED CABBAGE SALAD*

(Valter Longo, *At Longevity’s Table*)\*

### DESSERT

*CHOCOLATE ALMOND DELIGHTS*

(Valter Longo, *At Longevity’s Table*)\*



*\*Due to copyright reasons, we cannot reproduce the full recipes here. You will find the complete and detailed recipes in the book “At Longevity’s Table”. All the author’s proceedings are donated to the non-profit foundations, Create Cures and Fondazione Valter Longo, for their programs to support people who suffer from non-communicable diseases, (cancer, diabetes, obesity, cardiovascular, autoimmune, and neurodegenerative diseases), families, students, and schools, older adults, women escaping situations of domestic violence, workers, and workplaces, etc.*