

Sweets I grew up with.

by Andreas Michaelides

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FREE!

About The Author.

Andreas was born in Athens, the city that gave birth to Democracy, in Greece, the country that taught to the world how to live, think, and have fun. He grew up in the beautiful island of Cyprus.

With both of his parents bibliophiles (and his father a high school teacher), Andreas grew up with a love and appreciation for literature. In addition to the books he borrowed from the school library, a stack of encyclopedias taught him about the world. A history lover from age 13, he devoured the memoirs of Winston Churchill and Charles de Gaul, and by age 17, he had read all of Julius Vern's books.

After serving his country for 26 months immediately after finishing high school, Andreas studied in Patra, Greece to become a computer engineer. With his Master of Computer Engineering and Informatics, he began working in the Informatics Department of the local university hospital, and started reading again with a vengeance.

In 2004, Andreas authored his first book, a historical novel that has not yet seen the light of publication. Leaving it unpublished made him feel like a failure, but a lot has changed since then. Eleven years later, he has successfully quit smoking and has been smoke-free for the past six years. He has also started running again and managed to lose 26 kg (57 lbs).

Andreas has run three marathons, as well as many half-marathons and other shorter races. His love for running is what renewed him and actually saved his life.

Multiple medical problems pushed Andreas to research and experiment with a plant-based diet; since 2013 he is following a whole plant based diet.

In addition to running, Andreas enjoys hiking, cycling, playing basketball, camping, photography, and going out with friends and family and having a good time.

You can follow the writer at his webpage www.thirsty4health.com and blog <http://thirsty4health.com/blog>

Introduction

These are some of the sweets that my mother made for me and my siblings while I was growing up and she still does them today.

If you compare the sweets that my mother made with the sweets that are out there they are much “healthier”.

The good thing about the whole thing is that mother would make these sweets rarely maybe that’s why I did not end up being an obese kid in the first place.

The consumption of white sugar is linked with increase possibility of becoming obese in the future. I was flirting with obesity at some point in my life as you can find out more in my first book *Thirsty for Health* available both in kindle and Paperback editions.

Now I know that these sweets are unhealthy and I don’t eat them anymore but that doesn’t mean other people can’t enjoy them and also maybe in the future I will veganize them like I did with many of my mothers’ food as I describe in my second book, *The Food I Grew Up With... Veganized!* available in both kindle and paperback editions.

This little booklet is free of charge and I will be updating it regularly.

Regards

Andreas Michaelides

Sweets Recipes

Apple pie

Ingredients - The Filling

1 kg apple

2 table spoons of white sugar

Directions

- Wash the ingredients that need it.
- Peel and cut the apples in normal slices.
- We add in a pot the apples and the sugar.
- We stir until the sugar dissolves and the apples are cooked in their liquid.
- Add half of table spoon of cinnamon (powder).

Tip: We know that they have being cooked because the apples got soft.

Ingredients – Dough

1. 3 eggs
2. ½ glass of Peanut oil (Groundnut oil or Arachis Oil)
3. 2 tea spoon of Baking Powder
4. 4 table spoon of white sugar
5. Flour as much as is needed

Directions

1. Break the eggs in a ball.
2. Add peanut oil and sugar.
3. Stir them.
4. Add the flour and the baking powder.
5. Knead until the dough is in a firm state.
6. Divide the dough into two pieces.
7. We use one piece to cover the base of our baking pan then we add all of the filling inside the pan and we close it with the other half of the dough piece by piece, or you can grid the dough above the filling using a grater.
8. For decoration purposes and to make our apple pie more beautiful we can spread an egg yolk using a small brush on top of the covering dough. After that we add pieces of almonds on top.
9. We preheat our oven to 180 C and insert the pan inside, after about 30 to 40 minutes it should be ready, it might take less or more depending on the condition of your oven so be vigilant at least the first time so you will not burn it.

Serving

You can eat it with ice-scream.

Pot Halvah

Ingredients

- 1 glass of sugar
- 1 glass of Semolina
- 4 glasses of water

Preparation

1. Add all the ingredients in a pot.
2. Heat them and stir until it clots making sure you don't burn it.
3. After it's cooked you can serve in a platter.

Ladies Fingers

Ingredients - Dough

- 8 glasses of White flour
- 1 glass of Olive oil
- 1 tea spoon of Baking Powder
- 1.5 glass of warm water

Directions – Dough

We add all the ingredients on a ball and we stir until we get a clot dough. Then we shape the dough in to small pies using a rolling pin. The size of the pie depends on how long we want our “fingers” to be.

Ingredients – Filling

- Almonds in small pieces

- Cinnamon (powder)
- 1 to 2 Table spoons of white Sugar

Directions

We add all the ingredients in a ball until we make a good mix.

Ingredients – Syrup

- 3 glasses of white sugar
- 2 glasses of water
- 1 small stick of Cinnamon
- Lemon juice preservative.
- Cloves

Directions

We put all the ingredients in a heated pot and we stir until they turn into syrup.

After we prepared our dough into small round thin pies and made our mix for the filling and our syrup we start constructing our finger.

We add filling using a spoon into the pies and we fold the filling three times, if there is more pie left we remove it with a knife and then using the head of a fork we sealed both ends of the rolled finger. We do this until all of the dough is done.

Then we fry in peanut oil the fingers until they get a reddish color and immediately after that we immerse them into our cold syrup.

[Geography cake](#)

Ingredients

- 1 glass of peanut oil
- 5 eggs
- 1 glass of milk (if you are using condensed sugar milk then its 1 table spoon of condensed milk in 1 glass of water)
- 3 tea spoon of Baking Powder
- 1 vanilla (powder)
- 2.5 glasses of white flour
- 2 table spoon of cacao

Directions -dough

1. We break the eggs in a ball.
2. Add sugar and peanut oil.
3. Stir until the flavor of the eggs disappear.
4. Add the milk and the vanilla powder.
5. Add the flour with the baking powder.
6. We apply peanut oil on the inside of a pan and throw some flour after then we add half of the dough. The other half of the dough we mix it with cacao until it dissolves completely, after that we add it to the pan.

7. We preheat our oven to 180 C and insert the pan inside, after about 40 to 50 minutes it should be ready, it might take less or more depending on the condition of your oven so be vigilant at least the first time so you will not burn it.

Other books by Andreas Michaelides

Thirsty For Health

A truly eye opening book that should and will make you question yourself and everything you have done so far diet and lifestyle wise. Obesity, caffeine and junk food addiction, smoking and digestive problems? This is the place you can start answering your most asked questions. A book you wish you had found earlier, an amazing story that had to be told in order to help others not to go through the same misery. In these pages you will learn how to regain control over your life, how to find strength from within in order to go through life's numerous challenges, successfully overcome addictions and finally tune in to genuine health and happiness. You are the alchemist, the architect of your life and no one else but you have the power to make the change. Be the change that you want to see in the world. You can start now and this book will help you do that and more and you will also learn how to live long and live well.

The Food I Grew Up With...Veganized!

I wrote this book first to thank my mother for never letting me without food on the table and secondly to show to people out there that they can thrive on a plant based diet and the most important of all they don't have to start from zero as food is concerned I hope I will show with this book that you can transform many of your old food into new versions of plant based ones. This book is not a cookbook although it contains a lot of the food recipes I used to and still eating today. All the recipes are a result of many interviews with my mother which without her this book would never be possible. This book basically shows one aspect of my psyche as food is concerned and how I deal with it transitioning from an omnivore to a herbivore.

[How to train and finish your first 5k race.](#)

You can watch other people running on the TV, playing football, basketball, or baseball. At least those guys are getting paid to run and jump and tackle. Why should you go through this torture of actually getting up from your soft chair and making yourself go through this ordeal? Why would you enter this nightmare? Why not continue your ignorant bliss of a lovely sedentary life where all you need to do is push the buttons of a remote control and then people in the box can live your desires, your fantasies, your dreams, and ultimately, your life?

[My weight loss journey: How I lost 44 pounds and never gained them back using a plant based diet](#)

Although I never expected to drag myself out of the house and go for a run, after I finished those first three rounds at the high school track in my village, everything changed. I was so exhausted—which was an indicator of how lacking my physical fitness was—but after all the discomfort, itching, and rash in various places due to friction from excess fat, for the first time, I felt renewed, and memories of running and coming in first place in high school reminded me of how I used to be compared to how I was after those three laps around the track.

It made my eyes water; I was alone in the middle of the track under an April sky full of stars when tears of mixed feelings started pouring down from my eyes. Emotionally and psychologically, it was a turning point for me, and it also made me even more determined to become that lean, mean running machine I used to be. It was right there in that single moment that I saw the path I had to follow.

Please write a review.

I consider myself as a person that wants to think that I am constantly improving my books, my work and myself. I am always trying to deliver to my readers the best quality and current information out there as my area of interest and expertise is concern which is Health, Nutrition and Exercise.

In order to accomplish that I need feedback from you and the only feedback I know that will help me achieve a relative perfection in all areas of my life is your valuable reviews so I know where I am wrong or where I have made mistakes and errors.

There is no such thing as a perfect book out there, perfection for one person is a sloppy work for other, so in order to satisfy as much as people out there my books need to be updated regularly and it doesn't matter if it is in electronic form (kindle) or paperback form.

If you found this book useful, please leave your review with all your thoughts, don't hold back, it will only take a few minutes of your time.

If you didn't like this book, please let me know by contacting me and I will give my best shot to fix the issue.

Thank you very much,

My warmest regards

Andreas Michaelides