



GYMNASIUM
KONSTANDINOUPOLEOS



I AM MY LIFE HERO

ERASMUS+

KA 229 2018-20



Traditional
Cypriot breakfast

BREAD:

The basic and most important food for a breakfast:

- Primary source of energy for the human organism because of its nutritional ingredients that contains since it consists carbohydrates and fiber.



HALLOUMI:

- It is a traditional dairy product made of goat and sheep milk.
- It contains animal proteins essential for muscle maintenance, calcium for bone construction and animal fat which must be consumed within limits.



ANARI:



It is a traditional soft Cypriot cheese, made of goat and sheep milk or cow milk and it is rich in nutrients.

It is used on its own for breakfast, as a seasoning in different Cypriot dishes and for dessert purposes.



OLIVES-ELIES

Green Olives or Black Olives are essential in breakfast.



They are rich in unsaturated fat and an energy source for the human organism.

PORK LOIN LOUNTZA:

- Lountza is actually Pork fillet.
- It is sun dried, smoked and enriched with herbs or wine. It has a devouring taste.
- It is rich in protein and iron.
- It enriches the breakfast and any other meal of the day.



BREAKFAST CEREALS:

- They are an alternative for a nutritious fast and quick breakfast.
- Breakfast cereals are generally mixed with milk. They are a real delicacy when you add either fruit, dry nuts or milk to them.
- They are a Super food offering maximum nutritional benefits and minimal calories.

