

# Publications Instagram

## Liedjes/songs :

[https://www.youtube.com/watch?v=EV2b2O\\_5PX0](https://www.youtube.com/watch?v=EV2b2O_5PX0)

[https://www.youtube.com/watch?v=EL8Jb\\_3hIYg](https://www.youtube.com/watch?v=EL8Jb_3hIYg)

<https://www.youtube.com/watch?v=rZpmAXu2rZ4>

## Video's sportoase:

<https://www.youtube.com/watch?v=OMhjtGKBqnI>

## Zweten met zeger :

<https://www.youtube.com/watch?v=YkeMJMR-v-U>

## Recepten :

[https://www.youtube.com/watch?v=e\\_i5Lkkakc](https://www.youtube.com/watch?v=e_i5Lkkakc)

[https://www.youtube.com/watch?v=ZskcD8En3TA&list=PLpw\\_6-TMqv497UHPOdme69i8ilGFcz3e8&index=54](https://www.youtube.com/watch?v=ZskcD8En3TA&list=PLpw_6-TMqv497UHPOdme69i8ilGFcz3e8&index=54)

[https://www.youtube.com/watch?v=z-lPkNxHZIk&list=PLpw\\_6-TMqv497UHPOdme69i8ilGFcz3e8&index=44](https://www.youtube.com/watch?v=z-lPkNxHZIk&list=PLpw_6-TMqv497UHPOdme69i8ilGFcz3e8&index=44)

[https://www.youtube.com/watch?v=\\_YnjrhbAyOg&list=PLpw\\_6-TMqv497UHPOdme69i8ilGFcz3e8&index=42](https://www.youtube.com/watch?v=_YnjrhbAyOg&list=PLpw_6-TMqv497UHPOdme69i8ilGFcz3e8&index=42)

[https://www.youtube.com/watch?v=yvbqyCcaUeY&list=PLpw\\_6-TMqv497UHPOdme69i8ilGFcz3e8&index=40](https://www.youtube.com/watch?v=yvbqyCcaUeY&list=PLpw_6-TMqv497UHPOdme69i8ilGFcz3e8&index=40)cheesecake brownies

[https://www.youtube.com/watch?v=C5EZ29OF4U4&list=PLpw\\_6-TMqv497UHPOdme69i8ilGFcz3e8&index=16](https://www.youtube.com/watch?v=C5EZ29OF4U4&list=PLpw_6-TMqv497UHPOdme69i8ilGFcz3e8&index=16)

[https://www.youtube.com/watch?v=sBevfrj3AI4&list=PLpw\\_6-TMqv497UHPOdme69i8ilGFcz3e8&index=18](https://www.youtube.com/watch?v=sBevfrj3AI4&list=PLpw_6-TMqv497UHPOdme69i8ilGFcz3e8&index=18)

[https://www.youtube.com/watch?v=Ip0QGY1ofKg&list=PLpw\\_6-TMqv497UHPOdme69i8ilGFcz3e8&index=17](https://www.youtube.com/watch?v=Ip0QGY1ofKg&list=PLpw_6-TMqv497UHPOdme69i8ilGFcz3e8&index=17)

<https://www.youtube.com/watch?v=nCIj7Tbcv9k>

## Yogaplaza :

<https://www.youtube.com/watch?v=OaecsKmTvgA>

## Nieuws :

<https://www.youtube.com/watch?v=eyV67ihDzMA>

## Publications Instagram

[https://www.youtube.com/watch?v=\\_v2pmaFBgg8](https://www.youtube.com/watch?v=_v2pmaFBgg8)

<https://www.youtube.com/watch?v=hnyr0UCBfZQ>

<https://www.youtube.com/watch?v=mRrrxJuHiaw>

<https://www.youtube.com/watch?v=XBS1ajU946M>

<https://www.youtube.com/watch?v=w2KnJfz4qLo>

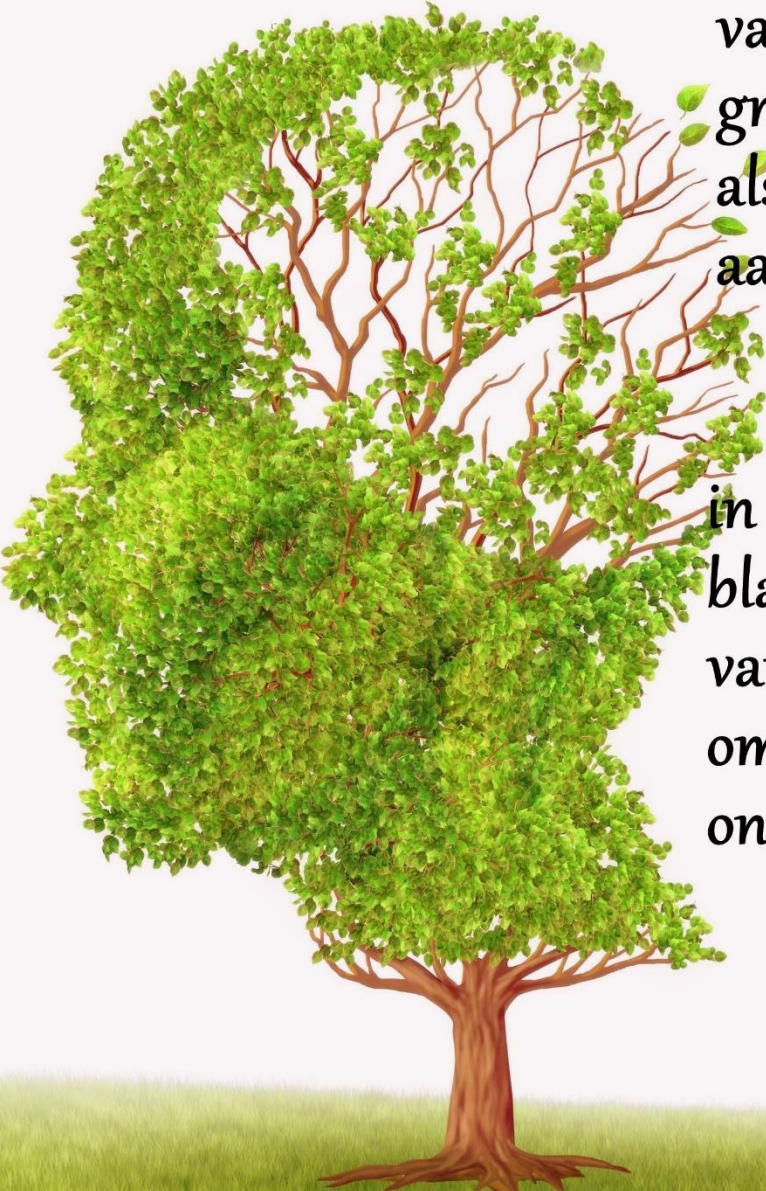
### News :

<https://www.youtube.com/watch?v=VLNS1h7One8>

[https://www.youtube.com/watch?v=n\\_B4Mo3IAO4](https://www.youtube.com/watch?v=n_B4Mo3IAO4)

## Publications Instagram



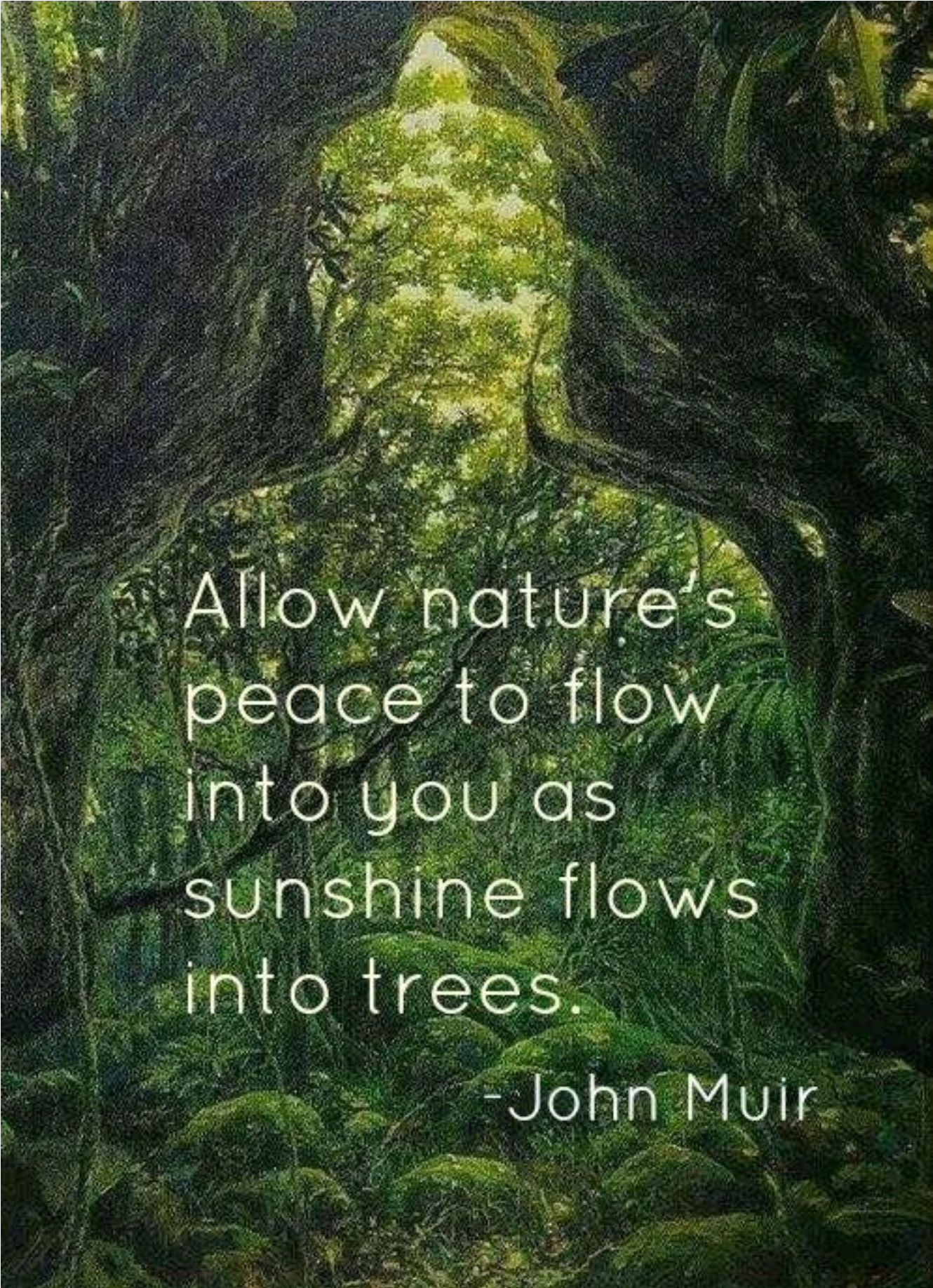


In het bos  
van mijn dromen  
groeien gedachten  
als blaadjes  
aan de bomen

in slapeloze nachten  
blaas ik ze  
van de takken  
om zo mijn  
onrust te verzachten

Paula Hagens





Allow nature's  
peace to flow  
into you as  
sunshine flows  
into trees.

- John Muir



## Publications Instagram



## Publications Instagram





# Publications Instagram

1



RINSE THE TOMATOES, LIME AND AVOCADO IN THE SINK OR A LARGE BOWL. DRY THEM WELL.

2



HAVE YOUR GROWN UP FINELY CHOP THE TOMATOES, ONION AND GARLIC.

3



ASK YOUR GROWN UP TO SLICE OPEN THE LIME AND AVOCADO. TAKE OUT THE PIT FROM THE AVOCADO.

4



SQUEEZE THE FLESH OUT OF THE AVOCADO INTO THE BOWL.

5



SQUEEZE THE LIME JUICE INTO THE BOWL AND MASH IT ALL TOGETHER WITH A FORK.

6



STIR IN THE ONION, GARLIC AND TOMATOES.

7



ADD SOME SALT AND PEPPER. TASTE AND ADJUST THE FLAVORS AS YOU WOULD LIKE THEM.

8



ENJOY WITH YOUR FAVORITE TORTILLA CHIPS!



# Publications Instagram

## Mini Quiches



### Ingredients

- ½ red pepper
- 2 spring onions
- 2 slices of ham
- 50g cheddar cheese
- 250g short crust pastry
- 4 large eggs

### Method

Turn the oven on to 180°C. Oil a muffin tin.

Pull the seeds from the pepper. Chop the pepper and ham into small pieces, grate the cheese.

Cut the tops and bottoms off the spring onions with scissors, cut the onions into small pieces.

Mix the vegetables and cheese in a small bowl.

Break the eggs into a jug and whisk.

Roll out the pastry and cut into large circles.

Push the pastry circles into the muffin tin holes to make cups.

Fill the pastry cups with the vegetables and cheese, then pour some egg on top of each one.

Bake in the oven for 20 minutes.

**Eats Amazing**  
[www.eatsamazing.co.uk](http://www.eatsamazing.co.uk)