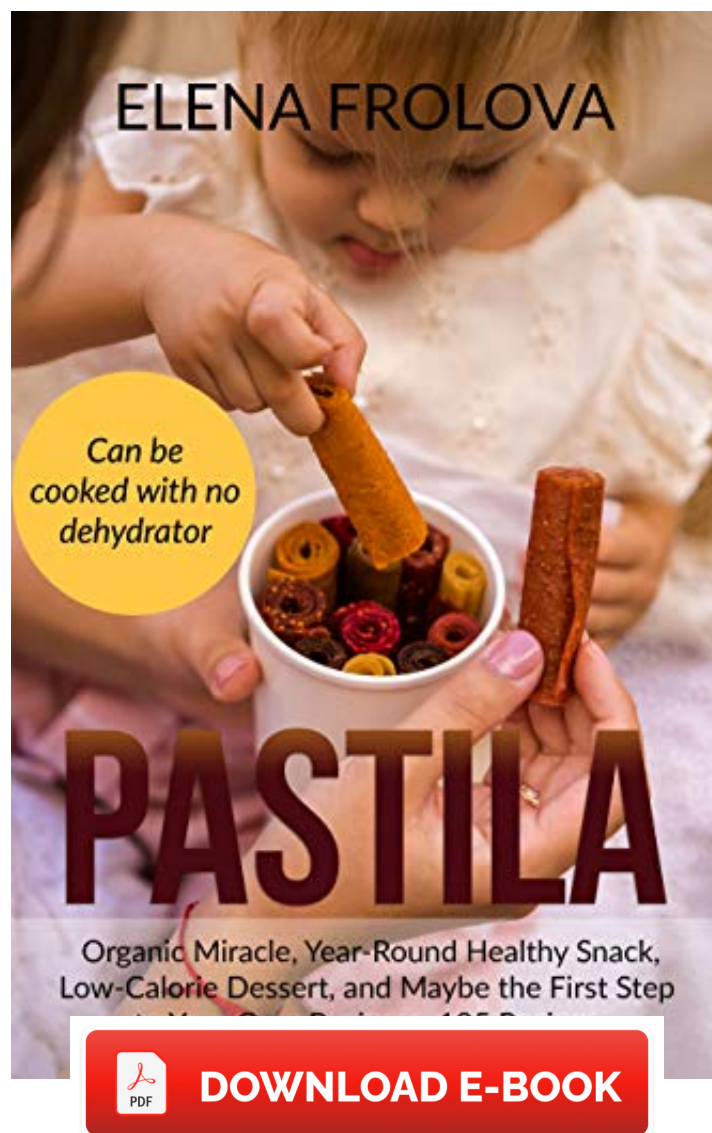


PASTILA – Organic Miracle, Year-Round Healthy Snack, Low-Calorie Dessert, and Maybe the First Step to Your Own Business.

105 Recipes: Home-Based Business

by
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Synopsis

Pastila is ancient Slavic dessert known since the 14th century. It's healthy, super tasty and can be enjoyed year-round. It has a very long shelf life, although it's unlikely that you will store pastila for a long time, especially if you have children. Pastila contains six times more fiber than fresh fruit and can be cooked entirely sugar-free. Most of the recipes are vegan, Paleo-friendly, and diabetic-friendly; they are also gluten-free and lactose-free. This book clarifies that there are two basic pastila types: dense and loose pastila. The book gives you not only 105 recipes, here you will find also: A lot of life hacks, creative ideas, recommendations, and warnings. Details on how pastila can lead you to creating your own healthy food business. Recommendations and explanations on pastila storage. What you should pay attention to if you are going to buy a dehydrator. Information on sugar substitutes and sweeteners which may be added to pastila. Even if you have experience in cooking of common for you fruit leathers, this book is worth your attention, because: You will get fancy recipes like Mojito Pastila and Mulled Wine Pastila (no added alcohol!). Wonderful yogurt pastila recipes and some secrets concerning yogurt pastila cooking are shared. Chocolate fans are not left out with chocolate pastila recipes! You will find out that vegetable pastila is awesome. You will be given a list of fruits and vegetables with the highest content of pectin – the most important thing which helps to make pastila pliable and elastic. You will get traditional and simplified recipes of loose pastila. Besides, you will learn: What to do to avoid the cracks in your pastila. How to make your dense pastila thin. How to cook "marble" pastila. What can make pastila crunchy instead of leathery. What to do if pastila is overdried. How to make yummy bouquet with pastila and make money! If you have no dehydrator, you can cook dense and loose pastilas in the oven. For the convenience of readers on either side of the globe, all measurements in this book are indicated using both metric and English measuring systems units. Get your copy today! Learn how to cook organic pastila, and enjoy the most delicious roll-ups that you and your family will love! © 2021 All Rights Reserved

What people say about this book

Lana, "Informative, convenient and a little nostalgic. I was surprised when I came across the word "pastila" on Amazon, because Americans call it fruit leather. Then I saw that the author has Russian last name. When I was a child, I spent my summer holidays at my grandma, and she treated me with pastila. Those sweet memories and appetizing photos in this book make me nostalgic. The fact I like in this book - almost all the recipes require simple and readily available ingredients, very few recipes with exotic fruits. Plus there are really detailed explanations on every issue. As for loose pastila, I have tasted it just one time in my life, it was my relative's present and it was gorgeous. I didn't try to cook it, because I thought the cooking process was complicated, but in this book the detailed recipe doesn't seem complicated. I will definitely try to cook that apple goodness! Ingredients weight in kg and pounds is very helpful, thanks."

VanKo, "Finally my kids bring home empty lunch boxes. If you are a parent, you know how much it's difficult to organize lunch boxes for kids with healthy meal in the way they eat everything to the last crumb. Earlier my kids ate store-bought candies and chocolates with pleasure and brought home all healthy things I've put in their lunch boxes. After I bought a dehydrator, I started drying fruit leathers, and a miracle happen! My sons started bringing home empty lunch boxes. Buuut once I made a yogurt leather and added the fruit I had at home - kiwis. That fruit leather tasted so strange that my boys refused eating it. I didn't understand what went wrong. A year passed after that incident, and I downloaded Pastila book. Guess what? I've read that kiwi doesn't go well with dairy! OMG, why didn't I know this before? This book is very useful even for those who are experienced in fruit leather making. The book answered some of the questions I had about heat treating of specific fruit and pitched me on trying completely new fruit and even vegetables combinations."

Komendat Alex, "Interesting idea. I often shop in healthy food stores, so I'm well aware of what is pastila, or fruit leather. However, I have never thought of a fruit leather as a business idea or startup. During lockdown this idea is worth of in-depth study. Orders can be easily delivered to the customers with no meeting in person. Orders can be mailed to another city and even to another country. Pastila is not fragile and not perishable. This is a home-based business, so no need to rent an office or workshop, at least at the very beginning. The only specific appliance you need is dehydrator, they are not very expensive. I suppose everyone has a stove to bake the apples for pastila pectin base. Then, so many ways to make pastila beautiful and appealing, standing out amongst your competitors. Healthy and low-calorie - yes, it's very good, but if you are going to develop a business, you should go beyond the limits of healthfulness and make your product outstanding. There is a chapter on pastila decoration and valuable recommendations based on the experience of pastila makers who developed their own pastila brands and inspired the author to write this book. It is always valuable to get advice from people

who have succeed in the area which is a subject of advising.”

Anna, “Ideal for weight loss ☺ ☺ . I didn't believe that the calorie count of sweetened apple pastila is 260 kcal/100 g, but I googled... yes, it's true! If you add a sweetener to your applesauce (sure, not 1:1), the calorie count of pastila will be 260-270 kcal per 3.5 oz!! made apple pastila skipping baking and boiling of apples like in Recipe No 2, added 3 Tbsp of honey per 6 lbs of apples, and got the perfect pastila with no cracks, although Recipe No 2 had a note on possible cracks because of raw apples! I think honey worked well and saved my pastila from cracks. I learned this tip about honey from the book. Dehydrating in the oven took 14 hours at 120°F. Almost raw food!☺ ☺ ☺ ”

Catsu, “Pastilas. This was very interesting and gives lots of delicious combinations. I make my own yogurt so that section will be the one I try first. Notes and tips were very informative.”

Roman, “Low-investment home business idea. A kind of business idea that is easy to implement. There is a nice bonus - even if you change your mind about launching pastila business, leastwise you will master the technology of making mega-healthy pastila. Sugar-free, gluten-free, lactose-free, fat-free, and many other free-marks are applicable for pastila. It's good for advertising. Earlier I cooked only leathers from fruit and berries. Apple-plum, strawberry-banana and apple-blueberry are my favorites. This book motivated me to try vegetable pastila. Squash-pepper-tomato tastes unusual and delicious. Many recipes contain tips and cautions. Temperature is indicated in Fahrenheit and Celsius, the weight of ingredients in lb and kg. Convenient and well-structured book.”

Valerie White, “Well written, great pictures and easy to follow recipes.. This is a well-written cook book describing a famous Russian treat. Lots of varieties are included as well as income-generating tips.”

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