



ALMA

CULINARY WELLNESS
SOLUTIONS

Recipe Book

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ALMA

Culinary Wellness Solutions

We are the first global B2B consultancy dedicated exclusively to the intersection of *culinary excellence* and *wellness*. With Italian heritage and an international reach, we offer strategic, premium end-to-end solutions for brands, institutions, and destinations seeking to integrate wellness into their culinary identity, operations, and guest experiences.

Services

1 Events & Activations

Planning and executing wellness culinary events and activations.

2 Wellness F&B Concept Development

- Innovative wellness cuisine concepts and that balance nutrition, guest appeal, and operational feasibility.

Advisory for plant-based, longevity, and functional nutrition.

3 Wellness Program Integration

- Aligning F&B with wellness programs.
- Experiences like detox meal plans and vitality-focused culinary journeys.

4 Business Strategy & Development

Business modeling, positioning, and revenue optimization for wellness F&B operations.

5 Culinary Training & Education

Wellness-focused cooking techniques, nutrition principles and presentation.

6 Operational Consulting

- Kitchen design, equipment selection, and supplier sourcing for wellness cuisine.
- Systems for consistency, efficiency, and guest satisfaction.

7 Menu Engineering & Nutritional Strategy

- Recipes and nutritional frameworks tailored to specific wellness goals.
- Standardized documentation & cost optimization.



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Energize Menu



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Endurance Fuel Chia Bowl

Energize Menu



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Ingredients

- 250 g hemp milk
- 250 g Brazil nut milk
- 40 g chia seeds (adjust depending on desired thickness)
- 20 g moringa powder
- 50 g white or yellow pitaya
- 130–150 g green apple
- 50 g chopped pistachios
- 50 g blueberries

Directions

1. Rehydrate the chia seeds with the hemp milk, Brazil nut milk, and moringa powder.
2. Cut the pitaya and green apple into 1 cm cubes. Crush the pistachios.
3. Blend or cook the blueberries to create a sauce.
4. Mix part of the diced fruit into the chia mixture. Reserve the remaining fruit for garnish.
5. In a glass, layer the rehydrated chia mixture and the blueberry sauce, alternating between the two.
6. Garnish with the remaining fruit cubes and crushed pistachios.

PERFORMANCE NUTRITION INSIGHT

Chia seeds provide soluble fiber and omega-3 fatty acids that slow gastric emptying and stabilize blood glucose, ideal for sustained endurance output.

Moringa adds an additional micronutrient boost, particularly iron and polyphenols.

Downhill Power Bar

Energize Menu



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Ingredients

- 110 g coconut oil
- 250 g rice syrup
- 130 g blueberries
- 200 g mixed cereal flakes (oats, spelt, rye, barley)
- 110 g mixed chopped nuts (almonds, hazelnuts, cashews, pistachios, coconut)
- 30 g pumpkin seeds
- 100 g 80% dark chocolate

Directions

- Preheat the oven to 170°C (fan mode).
- In a saucepan over low heat, melt the coconut oil and rice syrup together. Remove from heat and allow to cool slightly.
- In a mixing bowl, add the melted coconut oil/syrup mixture to the cereal flakes, nuts, and pumpkin seeds. Stir with a spoon until the dry ingredients have absorbed most of the liquid.
- Fold in the chocolate chunks carefully.
- Transfer the mixture into a silicone bar mold. Press down firmly with the back of a spoon to level and compact the mixture.
- Bake for 25–35 minutes, until the surface is golden brown.
- Allow to cool completely in the mold, then transfer to the refrigerator for at least 2 hours to firm up.
- If needed, trim the edges for a neat finish. Store in the refrigerator.

INSIGHT FROM OUR NUTRITIONIST

Nuts provide plant protein and healthy fats for sustained energy, while cereal flakes deliver complex carbohydrates for glycogen replenishment. Make these in advance for a quick and healthy refuel during a busy day.



High-Protein Green Hummus

Refuel / Recovery Menu



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Ingredients

- 200 g cooked chickpeas
- 40 g tahini
- 90 g lime juice (approx. 3 limes)
- 10 g garlic (approx. 2 cloves)
- 8 g cumin powder (approx. 1 generous tbsp)
- 100 g fresh spinach
- 100 g cooked edamame
- 5 g parsley
- 5 g cilantro
- 4 g Thai basil leaves (approx. 8 large leaves)
- 45 g extra virgin olive oil
- 3 g sea salt
- 1 g black pepper

Directions

1. Squeeze the juice from 2–3 limes, depending on their size.
2. Peel the garlic cloves.
3. Wash and thoroughly drain the spinach.
4. In a food processor, combine the cooked chickpeas (previously cooked with a pinch of baking soda for softness), tahini, olive oil, half of the lime juice, cumin, garlic, spinach, and cooked edamame.
5. Blend briefly on low speed, then on high for about 30 seconds.
6. If the pâté is too thick, add a little more olive oil or lime juice and blend again.
7. Add the fresh herbs: start with half the parsley, cilantro, and about 10 basil leaves.
8. Season with sea salt and black pepper and blend until smooth.
9. Adjust seasoning (salt, pepper, cumin, herbs) and consistency (oil or lime juice) to achieve a thick but easily spreadable texture.

PERFORMANCE NUTRITION INSIGHT

The combination of chickpeas and edamame delivers a strong plant-protein profile, supporting muscle repair and satiety. This makes the perfect post-workout snack on-the-go.



Flourless Cacao & Beetroot Cake

Refuel / Recovery Menu



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Ingredients

- 300 g cooked beetroot, peeled and puréed
- 240 g eggs (approx. 4 large eggs)
- 60 g honey (approx. 4 tbsp)
- 5 g vanilla (approx. 1 whole pod)
- 8 g raw cacao powder, plus extra for dusting
- 11 g baking powder (approx. 1 sachet)
- 1 g sea salt
- 125 g almond flour
- 125 g 80% dark chocolate, broken into pieces
- 60 g extra virgin olive oil

Directions

1. Preheat the oven to 180°C. Grease and line a 22 cm springform cake tin.
2. In a large mixing bowl, combine the beetroot purée, eggs, honey, vanilla, cocoa powder, baking powder, and salt using an electric mixer.
3. Once well combined, add the ground almonds and mix until incorporated.
4. Place a heatproof bowl over a saucepan with a small amount of simmering water (ensuring the bottom of the bowl does not touch the water). Add the dark chocolate pieces and allow them to melt gently. Stir in the olive oil.
5. Carefully fold the melted chocolate and oil into the cake batter until fully combined.
6. Transfer the mixture to the prepared cake tin and bake for 35–40 minutes, or until a toothpick inserted into the center comes out clean.
7. Remove from the oven and allow the cake to cool completely in the tin before unmolding onto a wire rack.
8. Once fully cooled, dust with cocoa powder. Serve as is, or with a spoonful of plant-based Greek-style yogurt if desired.

PERFORMANCE NUTRITION INSIGHT

Beetroot is naturally rich in dietary nitrates, which support nitric oxide production, improving blood flow and oxygen delivery to working muscles. It is the perfect way to refuel.



Ayurvedic Hydration Broth

Hydrate / Reset Menu



Ingredients

- 2000 g water
- 15 g garlic (approx. 3 cloves)
- 2 g coriander seeds (approx. 1 tsp)
- 2 g cloves (approx. 10 pieces)
- 4 g star anise (approx. 4 pieces)
- 12 g cinnamon sticks (approx. 3 sticks)
- 8 g black cardamom (approx. 4 pods)
- 5 g long pepper
- 10 g fresh ginger, thinly sliced
- 14 g black pepper (approx. 2 tbsp)
- 120 g celery stalks (approx. 3 stalks)
- 300 g white onions (approx. 2 medium)
- 400 g carrots, peeled (approx. 4 medium)
- 50 g dried mushrooms
- 30 g fresh coriander stems (approx. 1 bunch)
- 15 g gluten-free low-sodium soy sauce (approx. 1 tbsp)
- 4 g coconut sugar (approx. 1 tsp)
- 40 g miso paste
- 60 g bean sprouts
- 5 g nori seaweed, sliced
- 10 g fresh coriander, chopped
- 5 g fresh chili, sliced

Vegetable garnish can vary based on seasonal selection.

Directions

Broth

1. Cut all the vegetables into large chunks and place them in a pot with cold water.
2. Turn on the heat, bring to a boil, then reduce to a gentle simmer.
3. Add the remaining ingredients and continue simmering for at least 15 minutes, or until the broth reaches the desired depth of flavor.
4. Turn off the heat and strain if necessary.
5. Use as a base, serve on its own, or blend with another broth if desired.

Garnish & Assembly

1. Cut the vegetables and keep them separated and reserved.
2. Gently reheat the broth and whisk in the miso until fully dissolved (do not boil after adding miso).
3. At the time of service, place the vegetables into the bowl.
4. Pour the hot broth over the vegetables.
5. Serve hot, topped with chopped coriander, nori seaweed, bean sprouts, and fresh chili.
6. Additional garnishes can be served on the side.

NOTES: Soba noodles, udon noodles, or tofu can be added to this base depending on nutritional needs. For a fully gluten-free version, use 100% buckwheat soba.

PERFORMANCE NUTRITION INSIGHT

This broth functions as a mineral replenishment tool. The combination of sodium (soy sauce), potassium-rich vegetables, and warming circulatory spices supports fluid balance and post-exertion nervous system recovery.

Slalome Sunshine Juice

Hydrate / Reset Menu



Ingredients

- 50 g pineapple
- 400 g mango, peeled and cleaned (approx. 2 medium)
- 300 ml coconut water
- 45 g lime juice (approx. 3 limes)
- 50 g papaya, peeled and cleaned
- 5 g fresh turmeric knob (or ½ tsp turmeric powder)
- 8 g chia seeds

Directions

1. Cut all ingredients into sizes suitable for your juicer.
2. Juice the turmeric first, then the remaining ingredients.
3. Strain if necessary.
4. Serve immediately.

INSIGHT FROM OUR NUTRITIONIST

Citrus and fennel contain enzymes and vitamin C that aid digestion and reduce inflammation in the gut.



Red Defense Juice

Hydrate / Reset Menu



Ingredients

- 300 g red apples (approx. 2 medium)
- 75 g peeled red beetroot (approx. ½ beetroot)
- 240 g peeled carrots (approx. 4 medium)
- 200 g clementines, peeled (approx. 4 clementines)
- 100 g red grapes
- 40 g peeled ginger (approx. 4 cm piece)
- 250 g pomegranate, cleaned and seeded (approx. 1 large)
- 8 g crushed flaxseeds

Directions

1. Cut all ingredients into sizes suitable for your juicer.
2. Juice the ginger first, then the remaining ingredients.
3. Strain if necessary to remove pulp.
4. Serve immediately for maximum freshness and nutrient retention.

PERFORMANCE NUTRITION INSIGHT

This vibrant juice is a micronutrient powerhouse, designed to support immune function and post-exercise recovery. Pomegranate and red grapes deliver polyphenols with antioxidant and anti-inflammatory properties.

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Contact us

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