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| |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | (Ιαν.) | (Φεβ.) | (Μάρ.) | (Απρ.) | (Μάιος) | (Ιούν.) | (Ιούλ.) | (Αύγ.) | (Σεπ.) | (Οκτ.) | (Νοέμ.) | (Δεκ.) |  | | [1](#Ιαν) | [2](#Φεβ) | [3](#Μάρ) | [4](#Απρ) | [5](#Μάι) | [6](#Ιούν) | [7](#Ιούλ) | [8](#Αύγ) | [9](#Σεπ) | [10](#Οκτ) | [11](#Νοέ) | [12](#Δεκ) | 2018 |      |  | | --- | | http://www.gamos.gr/files/1/Media/2015/03/30/21263819_16be7c30-e322-4c08-ba9c-a69655b4484f.jpg |  |  | | --- | | Μαγειρικά… «μυστικά»!: | | **Αν ξεμείνατε από ζάχαρη…**  Πολτοποιήστε ένα ψημένο μήλο και λύσατε το πρόβλημα! | | |  |  | | --- | --- | | 01 | Δευτ. | | 02 | Τρ. | | 03 | Τετ. | | 04 | Πέμ. | | 05 | Παρ. | | 06 | Σάβ. | | 07 | Κυρ. | | 08 | Δευτ. | | 09 | Τρ. | | 10 | Τετ. | | 11 | Πέμ. | | 12 | Παρ. | | 13 | Σάβ. | | 14 | Κυρ. | | 15 | Δευτ. | | 16 | Τρ. | | 17 | Τετ. | | 18 | Πέμ. | | 19 | .Παρ. | | 20 | Σάβ. | | 21 | Κυρ. | | 22 | Δευτ. | | 23 | Τρ. | | 24 | Τετ. | | 25 | Πέμ. | | 26 | Παρ. | | 27 | Σάβ. | | 28 | Κυρ. | | 29 | Δευτ. | | 30 | Τρ. | | 31 | Τετ. | |

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| |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | (Ιαν.) | (Φεβ.) | (Μάρ.) | (Απρ.) | (Μάιος) | (Ιούν.) | (Ιούλ.) | (Αύγ.) | (Σεπ.) | (Οκτ.) | (Νοέμ.) | (Δεκ.) |  | | [1](#Ιαν) | [2](#Φεβ) | [3](#Μάρ) | [4](#Απρ) | [5](#Μάι) | [6](#Ιούν) | [7](#Ιούλ) | [8](#Αύγ) | [9](#Σεπ) | [10](#Οκτ) | [11](#Νοέ) | [12](#Δεκ) | 2018 |      |  | | --- | | http://www.gamos.gr/files/1/Media/2015/03/30/21263820_147b2b11-9259-4ed2-990e-b6aef08f8c6e.jpg |  |  | | --- | | Κινέζικες παρασπονδίες! | | **Νούντλς από κολοκυθάκια (noodles)**  Είναι πιο υγιεινά από τα ζυμαρικά και ιδανικά για δίαιτα. Χρησιμοποιείστε έναν παρόμοιο κόφτη και δημιουργείστε νόστιμα πιάτα. | | |  |  | | --- | --- | | 01 | Πέμ. | | 02 | Παρ. | | 03 | Σάβ. | | 04 | Κυρ. | | 05 | Δευτ. | | 06 | Τρ. | | 07 | Τετ. | | 08 | Πέμ. | | 09 | Παρ. | | 10 | Σάβ. | | 11 | Κυρ. | | 12 | Δευτ. | | 13 | Τρ. | | 14 | Τετ. | | 15 | Πέμ. | | 16 | Παρ. | | 17 | Σάβ. | | 18 | Κυρ. | | 19 | Δευτ. | | 20 | Τρ. | | 21 | Τετ. | | 22 | Πέμ. | | 23 | Παρ. | | 24 | Σάβ. | | 25 | Κυρ. | | 26 | Δευτ. | | 27 | Τρ. | | 28 | Τετ. | |  |  | |  |  | |  |  | |

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| |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | (Ιαν.) | (Φεβ.) | (Μάρ.) | (Απρ.) | (Μάιος) | (Ιούν.) | (Ιούλ.) | (Αύγ.) | (Σεπ.) | (Οκτ.) | (Νοέμ.) | (Δεκ.) |  | | [1](#Ιαν) | [2](#Φεβ) | [3](#Μάρ) | [4](#Απρ) | [5](#Μάι) | [6](#Ιούν) | [7](#Ιούλ) | [8](#Αύγ) | [9](#Σεπ) | [10](#Οκτ) | [11](#Νοέ) | [12](#Δεκ) | 2018 |      |  | | --- | | http://www.gamos.gr/files/1/Media/2015/03/30/21263827_6b80ceac-3e9b-4992-8415-e74d60f79d60.jpg |  |  | | --- | | Ζημιάρης; Όχι πια!: | | **Πως δεν θα χυθεί το νερό που έβρασε;** Όσο βράζει το νερό, τοποθετήστε ένα ξύλινο κουτάλι κατά μήκος της κατσαρόλας. Αυτό κρατάει το νερό απ' το να ξεχειλίσει. | | |  |  | | --- | --- | | 01 | Πέμ. | | 02 | Παρ. | | 03 | Σάβ. | | 04 | Κυρ. | | 05 | Δευτ. | | 06 | Τρ. | | 07 | Τετ. | | 08 | Πέμ. | | 09 | Παρ. | | 10 | Σάβ. | | 11 | Κυρ. | | 12 | Δευτ. | | 13 | Τρ. | | 14 | Τετ. | | 15 | Πέμ. | | 16 | Παρ. | | 17 | Σάβ. | | 18 | Κυρ. | | 19 | Δευτ. | | 20 | Τρ. | | 21 | Τετ. | | 22 | Πέμ. | | 23 | Παρ. | | 24 | Σάβ. | | 25 | Κυρ. | | 26 | Δευτ. | | 27 | Τρ. | | 28 | Τετ. | | 29 | Πέμ. | | 30 | Παρ. | | 31 | Σάβ. | |

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| |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | (Ιαν.) | (Φεβ.) | (Μάρ.) | (Απρ.) | (Μάιος) | (Ιούν.) | (Ιούλ.) | (Αύγ.) | (Σεπ.) | (Οκτ.) | (Νοέμ.) | (Δεκ.) |  | | [1](#Ιαν) | [2](#Φεβ) | [3](#Μάρ) | [4](#Απρ) | [5](#Μάι) | [6](#Ιούν) | [7](#Ιούλ) | [8](#Αύγ) | [9](#Σεπ) | [10](#Οκτ) | [11](#Νοέ) | [12](#Δεκ) | 2018 |      |  | | --- | | http://www.gamos.gr/files/1/Media/2015/03/30/21263824_5eb7daaf-4d4f-47b7-b21d-4723acdb323a.jpg |  |  | | --- | | Το αυγό του Κολόμβου!  Τ: | | **Πώς να μάθετε εάν ένα αυγό είναι φρέσκο** Εάν δεν είστε σίγουροι αν τα αυγά σας είναι ακόμα καλά, χρησιμοποιείστε αυτό το εύκολο τέχνασμα! Βάλτε το αυγό στο νερό. Εάν το αυγό βουλιάζει, είναι πολύ φρέσκο. Εάν το ένα άκρο του αυγού επιπλέει ελαφρώς, τότε είναι ακόμα καλό, αλλά όχι τόσο φρέσκο. Εάν το αυγό επιπλέει, είναι χαλασμένο και δεν πρέπει να καταναλωθεί. | | |  |  | | --- | --- | | 01 | Κυρ. | | 02 | Δευτ. | | 03 | Τρ. | | 04 | Τετ. | | 05 | Πέμ. | | 06 | Παρ. | | 07 | Σάβ. | | 08 | Κυρ. | | 09 | Δευτ. | | 10 | Τρ. | | 11 | Τετ. | | 12 | Πέμ. | | 13 | Παρ. | | 14 | Σάβ. | | 15 | Κυρ. | | 16 | Δευτ. | | 17 | Τρ. | | 18 | Τετ. | | 19 | Πέμ. | | 20 | Παρ. | | 21 | Σάβ. | | 22 | Κυρ. | | 23 | Δευτ. | | 24 | Τρ. | | 25 | Τετ. | | 26 | Πέμ. | | 27 | Παρ. | | 28 | Σάβ. | | 29 | Κυρ. | | 30 | Δευτ. | |

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| |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | (Ιαν.) | (Φεβ.) | (Μάρ.) | (Απρ.) | (Μάιος) | (Ιούν.) | (Ιούλ.) | (Αύγ.) | (Σεπ.) | (Οκτ.) | (Νοέμ.) | (Δεκ.) |  | | [1](#Ιαν) | [2](#Φεβ) | [3](#Μάρ) | [4](#Απρ) | [5](#Μάι) | [6](#Ιούν) | [7](#Ιούλ) | [8](#Αύγ) | [9](#Σεπ) | [10](#Οκτ) | [11](#Νοέ) | [12](#Δεκ) | 2018 |      |  | | --- | | http://www.gamos.gr/files/1/Media/2015/03/30/21263829_3848f9ea-9919-4f27-9a9e-8461ab7c0e2b.jpg |  |  | | --- | | Φρέσκα Βότανα σε παγάκι ελαιόλαδου: | | Μην αφήνετε τα φρέσκα μυρωδικά να πάνε χαμένα Ψιλοκόψτε τα και τοποθετήστε τα σε μια παγοθήκη με ελαιόλαδο. Όταν θα χρειαστείτε ξανά βότανα, δεν θα χρειαστεί να πάτε να αγοράσετε. Βγάλτε το παγάκι σας απ'την κατάψυξη και ρίξτε το στην κατσαρόλα. Αποφύγετε όμως το σκόρδο αν δεν σκοπεύετε να το χρησιμοποιήσετε μέσα σε μια εβδομάδα ή δύο. Το σκόρδο περιέχει τα βακτήρια Clostridium botulinum που αναπτύσονται σε λάδι. | | |  |  | | --- | --- | | 01 | Παρ. | | 02 | Σάβ. | | 03 | Κυρ. | | 04 | Δευτ. | | 05 | Τρ. | | 06 | Τετ. | | 07 | Πέμ. | | 08 | Παρ. | | 09 | Σάβ. | | 10 | Κυρ. | | 11 | Δευτ. | | 12 | Τρ. | | 13 | Τετ. | | 14 | Πέμ. | | 15 | Παρ. | | 16 | Σάβ. | | 17 | Κυρ. | | 18 | Δευτ. | | 19 | Τρ. | | 20 | Τετ. | | 21 | Πέμ. | | 22 | Παρ. | | 23 | Σάβ. | | 24 | Κυρ. | | 25 | Δευτ. | | 26 | Τρ. | | 27 | Τετ. | | 28 | Πέμ. | | 29 | Παρ. | | 30 | Σάβ. | |

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| |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | (Ιαν.) | (Φεβ.) | (Μάρ.) | (Απρ.) | (Μάιος) | (Ιούν.) | (Ιούλ.) | (Αύγ.) | (Σεπ.) | (Οκτ.) | (Νοέμ.) | (Δεκ.) |  | | [1](#Ιαν) | [2](#Φεβ) | [3](#Μάρ) | [4](#Απρ) | [5](#Μάι) | [6](#Ιούν) | [7](#Ιούλ) | [8](#Αύγ) | [9](#Σεπ) | [10](#Οκτ) | [11](#Νοέ) | [12](#Δεκ) | 2018 |      |  | | --- | | Γλυκάνετε τη σάλτσα σας χωρίς να βάλετε ζάχαρη! |  |  | | --- | | Ζάχαρη καροτένια!: | | Όσο και αν σας φαίνεται παράξενο υπάρχουν και **λιγότερο παχυντικοί τρόποι για να γλυκάνετε τις σάλτσες σας** εκτός από την προσθήκη ζάχαρης. Κατά τη διάρκεια του βρασμού λοιπόν, ιδιαίτερα όταν πρόκειται για τομάτα που είναι αρκετά ξινή ως σάλτσα, μπορείτε να προσθέτετε **καρότα** που όταν βράζουν απελευθερώνουν τις γλυκαντικές ουσίες τους και κάνουν τη σάλτσα σας πιο εύγεστη. | | |  |  | | --- | --- | | 01 | Τετ. | | 02 | Πέμ. | | 03 | Παρ. | | 04 | Σάβ. | | 05 | Κυρ. | | 06 | Δευτ. | | 07 | Τρ. | | 08 | Τετ. | | 09 | Πέμ. | | 10 | Παρ. | | 11 | Σάβ. | | 12 | Κυρ. | | 13 | Δευτ. | | 14 | Τρ. | | 15 | Τετ. | | 16 | Πέμ. | | 17 | Παρ. | | 18 | Σάβ. | | 19 | Κυρ. | | 20 | Δευτ. | | 21 | Τρ. | | 22 | Τετ. | | 23 | Πέμ. | | 24 | Παρ. | | 25 | Σάβ. | | 26 | Κυρ. | | 27 | Δευτ. | | 28 | Τρ. | | 29 | Τετ. | | 30 | Πέμ. | | 31 | Παρ. | |

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| |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | (Ιαν.) | (Φεβ.) | (Μάρ.) | (Απρ.) | (Μάιος) | (Ιούν.) | (Ιούλ.) | (Αύγ.) | (Σεπ.) | (Οκτ.) | (Νοέμ.) | (Δεκ.) |  | | [1](#Ιαν) | [2](#Φεβ) | [3](#Μάρ) | [4](#Απρ) | [5](#Μάι) | [6](#Ιούν) | [7](#Ιούλ) | [8](#Αύγ) | [9](#Σεπ) | [10](#Οκτ) | [11](#Νοέ) | [12](#Δεκ) | 2018 |      |  | | --- | | http://www.gamos.gr/files/1/Media/2015/03/30/21263826_5e15de6a-302a-498c-867f-d17417fdba46_1427712717197_1427712717197.jpg |  |  | | --- | | Κατεψυγμένα Σταφύλια | | Για να διατηρήσετε το κρασί σας δροσερό, χωρίς χάσει τίποτα από τη γεύση και το άρωμά του, βάλτε στα ποτήρια σταφύλια κατευθείαν απ' την κατάψυξη. Λευκά σταφύλια για το λευκό κρασί και κόκκινα σταφύλια για το κόκκινο κρασί. | | |  |  | | --- | --- | | 01 | Σάβ. | | 02 | Κυρ. | | 03 | Δευτ. | | 04 | Τρ. | | 05 | Τετ. | | 06 | Πέμ. | | 07 | Παρ. | | 08 | Σάβ. | | 09 | Κυρ. | | 10 | Δευτ. | | 11 | Τρ. | | 12 | Τετ. | | 13 | Πέμ. | | 14 | Παρ. | | 15 | Σάβ. | | 16 | Κυρ. | | 17 | Δευτ. | | 18 | Τρ. | | 19 | Τετ. | | 20 | Πέμ. | | 21 | Παρ. | | 22 | Σάβ. | | 23 | Κυρ. | | 24 | Δευτ. | | 25 | Τρ. | | 26 | Τετ. | | 27 | Πέμ. | | 28 | Παρ. | | 29 | Σάβ. | | 30 | Κυρ. | |  |  | |

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| |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | (Ιαν.) | (Φεβ.) | (Μάρ.) | (Απρ.) | (Μάιος) | (Ιούν.) | (Ιούλ.) | (Αύγ.) | (Σεπ.) | (Οκτ.) | (Νοέμ.) | (Δεκ.) |  | | [1](#Ιαν) | [2](#Φεβ) | [3](#Μάρ) | [4](#Απρ) | [5](#Μάι) | [6](#Ιούν) | [7](#Ιούλ) | [8](#Αύγ) | [9](#Σεπ) | [10](#Οκτ) | [11](#Νοέ) | [12](#Δεκ) | 2018 |      |  | | --- | | corn-11 ab1e8 |  |  | | --- | | Καλαμπόκι όπως παλιά!: | | ***Υλικά ανά 6-8 κομμάτια καλαμποκιού:*** 1 φλιτζάνι γάλα, Βούτυρο 1 ξυλάκι  ***Εκτέλεση:*** Γέμισε μια μεγάλη κατσαρόλα με νερό μέχρι τη μέση και άφησέ το να βράσει. Έπειτα, πρόσθεσε το γάλα, το βούτυρο και το καλαμπόκι και χαμήλωσε τη φωτιά. Άφησε το καλαμπόκι να σιγοβράσει για 6 έως 8 λεπτά και έπειτα αντικατέστησε το με το επόμενο. Αν βέβαια χωράνε όλα μαζί, τότε τοποθέτησέ τα μέσα στην κατσαρόλα σου για μεγαλύτερη ευκολία | | |  |  | | --- | --- | | 01 | Δευτ. | | 02 | Τρ. | | 03 | Τετ. | | 04 | Πέμ. | | 05 | Παρ. | | 06 | Σάβ. | | 07 | Κυρ. | | 08 | Δευτ. | | 09 | Τρ. | | 10 | Τετ. | | 11 | Πέμ. | | 12 | Παρ. | | 13 | Σάβ. | | 14 | Κυρ. | | 15 | Δευτ. | | 16 | Τρ. | | 17 | Τετ. | | 18 | Πέμ. | | 19 | Παρ. | | 20 | Σάβ. | | 21 | Κυρ. | | 22 | Δευτ. | | 23 | Τρ. | | 24 | Τετ. | | 25 | Πέμ. | | 26 | Παρ. | | 27 | Σάβ. | | 28 | Κυρ. | | 29 | Δευτ. | | 30 | Τρ. | | 31 | Τετ. | |

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