



LONGEVITY
SOLUTIONS

Longevity Living Recipes

Region: Ikaria, Greece (Blue Zone)

Mini Crustless Spanakopita Bites

SERVING SIZE: 4–6 SERVINGS (ABOUT 12–16 BITES)

Ingredients:

- 1.5 lbs spinach
- 1 small onion, chopped
- 3 green onions, chopped
- 2 garlic cloves, minced
- 1/4 cup dill, chopped
- 1/4 cup parsley, chopped
- Mint (optional)
- 3 eggs
- 1/2 cup feta cheese, crumbled
- 1/3 cup ricotta or cottage cheese
- 2 tbsp olive oil
- Salt & pepper to taste

Instructions:

1. Preheat oven to 375°F.
2. Sauté onion in olive oil until soft. Add garlic and spinach; cook until wilted.
3. Remove from heat and mix in herbs, eggs, and cheeses.
4. Season with salt and pepper.
5. Pour mixture into a greased baking dish or muffin tin.
6. Bake for 20–25 minutes, until set and lightly golden.

Lemon Herb White Bean Salad

SERVING SIZE: 3–4 SERVINGS

Ingredients:

- 1 can white beans, drained and rinsed
- 2–3 tbsp olive oil
- Juice of 1 lemon
- 1 garlic clove, minced
- 1/4 cup parsley, chopped
- Dill (optional)
- 2 tbsp red onion, finely chopped
- Salt & pepper to taste

Instructions:

1. Combine all ingredients in a bowl.
2. Toss well to coat.
3. Let sit for 30 minutes before serving to allow flavors to develop.



Herbal Teas of Ikaria



Mountain Tea (Sideritis)

Caffeine-free mountain herb that supports immunity, digestion, and brain health.



Sage Tea

Supports digestion and cognitive function.



Rosemary Tea

Supports memory and circulation.



Why It Matters

Daily herbal teas replace sugary drinks and support long-term wellness.



Blue Zone Insight

Ikarians live about 8 years longer than Americans, with significantly lower rates of heart disease and dementia. Their lifestyle emphasizes whole foods, social connection, moderate wine consumption with meals, and stopping eating before feeling full.

Simple food. Strong community. Intentional living. The Ikarian way.