

# WINNING RECIPES

BARÇA ACADEMY  
WORLD CUP



SANDWICH OFICIAL DEL  
FC BARCELONA



# DISCOVER OUR PRODUCTS



## SALMAS ZENÍSSIMO

- High fiber content
- 0% added sugars
- Only 3 ingredients
- Gluten-free

## BIMBO NATURAL 100% WHOLE WHEAT

- 0% added sugars. Contains naturally occurring sugars.
- No preservatives
- Lactose-free
- No additives
- Made with olive oil
- Made only with natural ingredients

## BIMBO NATURAL 100% WHITE CRUSTLESS

- With olive oil
- No preservatives
- No additives
- Lactose-free
- 0% added sugars.
- Contains naturally occurring sugars
- Made only with natural ingredients



OFFICIAL SANDWICH OF FC BARCELONA

# CREAMY EGG AND VEGETABLE SANDWICH

1 serving

## Ingredients:

- 2 slices of Bimbo Natural 100% Whole Wheat Bread
- 2 eggs
- 20 g mozzarella cheese
- ½ cup spinach and 2 tomato slices
- ¼ avocado
- Salt and pepper

Beat the eggs and cook them over low heat until creamy; add the cheese to melt. Toast the bread, add the vegetables and avocado, add the egg, and close the sandwich. Ideal for breakfast or a post-workout meal.

### Estimated nutritional information per serving

Energy	Protein	Fat	Carbohydrates	Fiber
505 kcal	26 g	28 g	39 g	7 g



## CRUNCHY BANANA, PEANUT BUTTER, AND DARK CHOCOLATE

# TART

1 serving

## Ingredients:

- 2 Salmas Zenissimo
- 1 tablespoon peanut butter with no added sugar
- ½ banana (50 g)
- Melted chocolate

Spread the peanut butter on the Salmas, add the banana, and top with melted chocolate.

### Estimated nutritional information per serving

Energy	Protein	Fat	Carbohydrates	Fiber
268 kcal	6 g	11 g	36 g	4 g



# SALMAS WITH PHILADELPHIA CREAM CHEESE AND TURKEY

1 serving

## Ingredients:

- 2 Salmas Zeníssimo
- 2 tablespoons light Philadelphia cream cheese
- 1 slice of turkey ham
- 1 slice of tomato
- Lettuce leaves

Place all the ingredients on the Salmas and serve immediately. Practical and easy to take with you wherever you go.



### Estimated nutritional information per serving

Energy	Protein	Fat	Carbohydrates	Fiber
300 kcal	18 g	15 g	23 g	3 g



# TOASTED BREAD WITH YOGURT AND BERRY CRUST

1 serving

## Ingredients:

- 2 slices of Bimbo Natural 100% Whole Wheat Bread
- 2 tablespoons of plain yogurt
- 1 egg
- 1 teaspoon of vanilla
- 1 tablespoon of honey
- ¼ cup of berries

Mix the yogurt, egg, vanilla, and honey. Press down on the center of the bread, pour in the mixture, add the berries, and cook in an air fryer at 180°C for 10 minutes. Ideal for breakfast or before a game.

### Estimated nutritional information per serving

Energy	Protein	Fat	Carbohydrates	Fiber
425 kcal	20 g	11 g	62 g	6 g



SANDWICH OFICIAL DEL FC BARCELONA

# SERRANO HAM SANDWICH

1 serving

## Ingredients:

- 2 slices of Bimbo Natural 100% White Crustless Bread
- 30 g of Serrano ham
- 1 grated tomato
- 1 leaf of romaine lettuce or spinach
- 1 teaspoon of olive oil
- Salt

Toast the bread, spread the tomato with salt, add the ham, tomato, lettuce, and finish with olive oil.



### Estimated nutritional information per serving

Energy	Protein	Fat	Carbohydrates	Fiber
335 kcal	16 g	20 g	24 g	4 g

# SALMAS

## WITH HUMMUS AND OLIVE OIL

1 serving

## Ingredients:

- 4 Salmas Zenissimo
- 4 tablespoons of hummus
- Add seeds or nuts to taste
- 1 tablespoon of chopped olives

Spread the hummus on the salmas, add olives, and serve with a touch of paprika and seeds or nuts. An excellent option for a good recovery.



### Estimated nutritional information per serving

Energy	Protein	Fat	Carbohydrates	Fiber
345 kcal	11 g	15 g	45 g	7 g



OFFICIAL SANDWICH OF FC BARCELONA

# SALMAS WITH AVOCADO AND SCRAMBLED EGGS

1 serving

## Ingredients:

- 4 Salmas Zeníssimo
- ½ avocado
- 1 scrambled egg
- Salt and pepper
- 1 teaspoon of seeds

Place the egg on top of the Salmas and add the chopped avocado. You can add seeds or nuts to taste.



### Estimated nutritional information per serving

Energy	Protein	Fat	Carbohydrates	Fiber
395 kcal	13 g	24 g	32 g	7 g



## P&B POWER ROLLS

1 serving

### Ingredients:

- 1 slice of Bimbo Natural 100% White Crustless Bread
- 1 tablespoon peanut butter
- ½ banana
- 1 teaspoon honey
- 1 teaspoon seeds

Flatten the bread, spread the peanut butter, add the banana, honey, and seeds; roll up and cut. Ideal as an energy-packed snack.

### Estimated nutritional information per serving

Energy	Protein	Fat	Carbohydrates	Fiber
325 kcal	9 g	13 g	46 g	4 g



SANDWICH OFICIAL DEL FC BARCELONA

# MINI PIZZAS

EN AIR FYER

1 serving

## Ingredients:

- 2 slices of Bimbo Natural 100% Whole Wheat Bread
- 3 tablespoons of tomato puree
- 60 g of mozzarella cheese
- 2 slices of turkey ham
- 3–4 mushrooms

Add the puree to the bread, distribute the cheese and mushrooms, and cook in an air fryer at 200°C for 4–6 minutes.



## Estimated nutritional information per serving

Energy	Protein	Fat	Carbohydrates	Fiber
485 kcal	25 g	23 g	47 g	5 g



# CLASSIC SANDWICH

1 serving

## Ingredients:

- 2 slices of Bimbo Natural 100% White Crustless Bread
- 40 g of turkey ham
- 1 slice of Gouda cheese
- Lettuce and tomato
- 1 teaspoon of mayonnaise or avocado

Assemble the sandwich with all the ingredients and serve immediately. Heat in the Air Fryer to give it crunch. A practical option that will help you score the goal of the day.

## Estimated nutritional information per serving

Energy	Protein	Fat	Carbohydrates	Fiber
355 kcal	20 g	12 g	43 g	4 g

# MINI TACOS WITH SALMAS

1 serving

## Ingredients:

- 3–4 Salmas Zenissimo
- 60 g shredded chicken
- ¼ cup bell pepper
- ¼ chopped onion
- Salt and pepper

Prepare the base with shredded chicken, bell pepper, and onion. Add salt and pepper to taste.



### Estimated nutritional information per serving

Energy	Protein	Fat	Carbohydrates	Fiber
405 kcal	24 g	14 g	44 g	6 g



# HUMMUS SANDWICH WITH VEGETABLES

1 serving

## Ingredients:

- 2 slices of Bimbo Natural 100% White Crustless Bread
- 2 tablespoons of hummus
- Grated carrot, spinach, and cucumber
- 30 g of Gouda cheese

Spread the hummus on the bread, add the vegetables and cheese, close, and heat in the Air Fryer. Remember, legumes are full of protein!

### Estimated nutritional information per serving

Energy	Protein	Fat	Carbohydrates	Fiber
395 kcal	17 g	14 g	52 g	6 g

# SERRANO HAM SANDWICH

1 serving

## Ingredients:

- 2 slices of Bimbo Natural 100% White Crustless Bread
- 30 g of Serrano ham
- 1 grated tomato
- 1 leaf of romaine lettuce or spinach
- 1 teaspoon of olive oil
- Salt

Toast the bread, spread the tomato with salt, add the ham, tomato, lettuce, and finish with olive oil.

### Estimated nutritional information per serving

Energy	Protein	Fat	Carbohydrates	Fiber
335 kcal	16 g	20 g	24 g	4 g



# SALMAS

## WITH HUMMUS AND OLIVE OIL

1 serving

## Ingredients:

- 4 Salmas Zeníssimo
- 4 tablespoons of hummus
- Add seeds or nuts to taste
- 1 tablespoon of chopped olives

Spread the hummus on the salmas, add olives, and serve with a touch of paprika and seeds or nuts. An excellent option for a good recovery.

### Estimated nutritional information per serving

Energy	Protein	Fat	Carbohydrates	Fiber
345 kcal	11 g	15 g	45 g	7 g

# CRISPY RUSSIAN SALAD

1 serving

## Ingredients:

- 4 Salmas Zeníssimo
- 1 cup Russian salad (tuna, potato, carrot, peas)
- 2 tablespoons light mayonnaise

Serve the salad on top of the Salmas just before eating. Without a doubt, this is a simple and practical lunch, but one that is full of nutrients.

### Estimated nutritional information per serving

Energy	Protein	Fat	Carbohydrates	Fiber
455 kcal	19 g	21 g	49 g	6 g



**BIMBO**



OFFICIAL SANDWICH  
OF FC BARCELONA