

## **APRICOT AND BANANA TART**

### **Ingredients**

1 x 425g can Unsweetened Apricots

2-3 large Bananas, very ripe

1 Tblsp each Cornflour and Honey

### **Method**

- Keep aside a few apricots for decorating.
- Blend all ingredients together in blender and place in semi-cooked pie shell for 15 minutes (see recipe on previous page).
- Bake a further ½ hour until set. Decorate with apricots, kiwi fruit & banana.

## **CASHEW CREAM**

### **Ingredients**

4 Tblsp Raw Cashews, rinsed

½ cup Water or Soy Milk

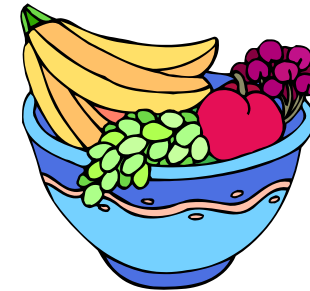
6 Pear Halves, canned or cooked fresh

### **Method**

Blend cashews with a little of the water or soy milk, adding the rest slowly. Add pears. Blend until smooth. You may use more or less liquid, depending on thickness required.

**The next meeting will be held on 26 July 2010. See you then.**

# **EATING FOR HEALTH**



**RECIPE CLUB  
22 JUNE, 2010**

### **COOKING WITH CAROL**

- **POLENTA WEDGES WITH RATATOUILLE**
- **CASHEW DATE BANANA TART**
- **APRICOT BANANA TART**
- **CASHEW CREAM**

## POLENTA WEDGES WITH RATATOUILLE

### Ingredients

4 cups water	2 stock cubes
1 cup polenta	
½ cup grated cheese or soy cheese (for dairy-free)	
¼ cup olive oil	1 large brown onion
2 medium red capsicums	3 medium zucchinis
400 gram can tomatoes	¼ cup tomato paste
2 tablespoons basil pesto	

### Method

Bring water to the boil, add stock cubes. Gradually whisk in polenta. Simmer, stirring for about 10 minutes or until polenta thickens. (NB: if too thick, add more water). Stir in cheese. Press into greased 22 cm round cake pan. Cover and refrigerate for 30 minutes or until set.

Heat 1 teaspoon of oil in a large saucepan and sauté onion. Cut capsicum and zucchini into long, 1 cm wide strips. Add to pan with can of tomatoes, tomato paste and pesto. Bring to the boil, and then simmer uncovered until vegetables are tender.

Meanwhile, turn polenta onto chopping board and cut into eight wedges. Heat remaining oil in large frying pan and cook polenta wedges, in batches, until browned on both sides. Serve polenta wedges with ratatouille.

## CASHEW DATE BANANA TART

### Ingredients – Crust

1 cup Quick Oats	1 cup Walnuts
2 cups Wholemeal Flour	1 cup Water
1 tsp Sea Salt	

### Method

Blend oats until fine. Add to flour and salt in bowl.

Blend nuts until smooth, adding water slowly while blending.

Combine all ingredients. Add enough cold water to make a soft dough.

Press into oiled pie pates. Bake at 180 deg Celsius for 25-30 minutes.

**Note:** This mixture is enough for two pie shells.

### Ingredients – Filling

20 Pitted Dates	½ tsp Sea Salt
1 cup Boiling Water	1 tsp Vanilla Essence
1 cup Raw Cashews, rinsed	2 large Bananas
1 cup Water, extra	1 Tblsp Cornflour

Add boiling water to dates and let stand and soften.

Blend dates and water in blender until smooth. Pour into saucepan.

Blend nuts, adding remaining water slowly. Add salt, cornflour and vanilla.

Add to the dates in saucepan and cook until thickened. Cool.

Slice one banana over bottom of tart shell and pour cooled filling into crust.

Top with second banana and chill before serving.