

QUINOA COOKIES

1/3 c quinoa flakes	1 t vanilla
1/2 c dates, chopped and packed	1/2 c water
2 t baking powder*	1 c rice flour
1/4 t salt	1/3 c warm honey

1. Preheat oven at 175°C.
2. In a small saucepan, cook dates in water, stirring frequently till water has evaporated and dates are mushy.
3. Add the other ingredients. Mix well.
4. Shape into cookies.
5. Place cookies on an oiled baking tray dusted with rice flour.
6. Bake at 175°C for 20 mins.

This amount makes about 20 cookies.

Quinoa [pronounced 'keenwah'] is gluten free. It is high in nutrients and protein. It is easy to digest and a good introduction to solid food for infants.

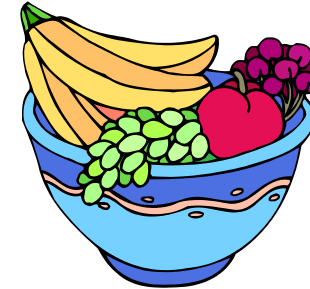
Quinoa and quinoa flakes are available from the supermarket.

* Gluten free, aluminium free baking powder is available from health food shops.



The next meeting will be held on 21 September 2010.

EATING FOR HEALTH



RECIPE CLUB
24 AUGUST, 2010

POTATO SOUP WITH ROSEMARY

ONION SAUCE

FALAFELS

QUINOA COOKIES

(All the recipes are nut free, gluten and wheat free)

POTATO SOUP WITH ROSEMARY

6 medium potatoes, chopped ½ t turmeric
6 garlic cloves, chopped ¼ t basil
2 medium onions, chopped ¼ t mint
2½ litres water 2 t olive oil
3 t Massel chicken style stock powder
1½ t fresh rosemary, chopped OR ¾ t dry rosemary

1. Place all ingredients in a medium saucepan.
2. Bring to boil and simmer till potatoes are tender.
3. Blend soup to a soft texture. (A stick blender works best.)
4. Check for seasonings.

ONION SAUCE

2 medium onions, finely chopped
4 garlic cloves, finely chopped
½ t turmeric 1 T olive oil
½ c water ¼ t salt
1 T tomato paste dash of cayenne pepper

1. In a medium saucepan, fry onion and garlic in the oil till golden brown, stirring continually.
2. Add tomato paste, turmeric, salt and fry for a minute longer.
3. Add water. Cook for 2-3 mins.
4. Serve with Falafels or patties etc.



FALAFELS

2 x 420g cans of chickpeas, drained (save liquid)
OR 3 c cooked chickpeas (from about 1½ c raw chickpeas)
½ t turmeric
¼ c tapioca (arrowroot)
4 cloves garlic, diced
2 t dried parsley, chopped
1/3 c onion, diced
Dash of cayenne pepper
¼ t ground cummin, or to taste
1 t Massel vegetable style stock powder
1 large pkt plain corn chips (less ½ c)
Olive oil

1. Blend corn chips.
2. Add chickpeas to blender and blend till mushy. Add a little water or liquid from the can if too dry.
3. Add the other ingredients and blend a bit more.
4. Make falafels with tablespoonsful of the mixture. They can be made into round balls or flattened into patties.
5. Fry in olive oil.
6. They can also be baked for 20 mins at 200°C, but the falafels can be a little dry this way.
7. Serve with Onion Sauce.

