

OATS, ALMOND AND TAHINI COOKIES

3 c oats, ground in coffee grinder
¾ t almond essence
1 c coconut
2 t baking powder**

½ c brown sugar
¼ c honey
¾ c apple juice
¼ c tahini

** a gluten, sodium and aluminium free baking powder is available from the health shop.

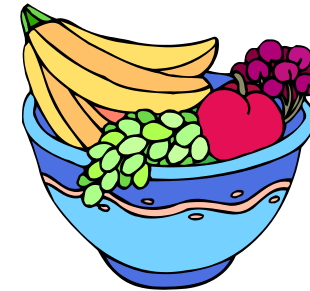
1. Preheat oven at 180°C.
2. In a large bowl, add the dry ingredients. Mix well.
3. Add apple juice, tahini, almond essence and honey. Mix well.
4. Oil baking tray and dust with flour.
5. Place mixture in a piping bag and pipe mixture onto the baking tray. Bake till golden brown, approx. 20-25 mins.
6. Dissolve 1 T honey in 1 T hot water in a small bowl. This is the glaze for the cookies
7. As soon as cookies are done, glaze the cookies using a brush.

Makes 26 cookies.



The next meeting will be held on 28th June, 2011.

EATING FOR HEALTH



RECIPE CLUB
24 MAY, 2011

**BEAN SOUP WITH SPINACH &
LEEKs**

PENNE PASTA WITH VEGETABLES

**OATS, ALMOND AND TAHINI
COOKIES**

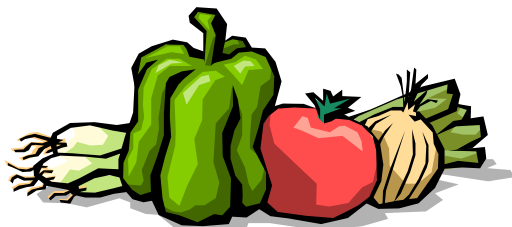
BEAN SOUP WITH SPINACH & LEEK

2 t olive oil	2 bay leaves
3 cloves garlic, chopped	¼ c wheat couscous
2 c carrots, chopped	2 c packed spinach leaves
½ t dried mint	1 T fresh lemon juice
½ t ground cumin	1 t salt (celtic)
2 litres water	dash of cayenne pepper*
3 c leeks, bulb only, chopped	¼ c parsley, chopped
3 t vegetable stock powder (Massel)	
2 tins cannellini beans, drained, rinsed	

*optional

1. In a large soup pot, heat oil over medium heat.
2. Add garlic, leeks, and carrots. Sauté until tender, about 5 minutes.
3. Add dried mint and cumin. Stir for 2 minutes
4. Add water, beans, bay leaves and stock powder.
5. Bring to boil. Reduce heat to low.
6. Stir in couscous. Cover and simmer for 5 minutes.
7. Stir in spinach. Add lemon juice. Check for seasonings.

Serves 8



PENNE PASTA WITH VEGETABLES

1 pkt whole wheat penne pasta (500g)
4 c broccoli florets
2 T cold pressed olive oil
4 cloves garlic, chopped finely
1 medium onion, thinly sliced
1 medium green capsicum, thinly sliced into long strips
1 medium red capsicum, thinly sliced into long strips
375g sliced mushrooms
2 medium zucchinis, sliced into long strips
½ c water
3 t chicken style powder (Massel)
2 large tomatoes, diced
4 c fresh spinach leaves, chopped roughly
1 T grated fresh lemon rind
1 t salt
2 dashes of cayenne pepper
¼ c fresh basil, roughly chopped — to garnish

1. Cook pasta according to package directions. Add broccoli in the last 2 minutes of cooking time. Drain pasta and broccoli well. Set aside in a large bowl.
2. In a large frypan, add 1 T oil. Sauté garlic, onion, capsicum and mushrooms over medium heat till onion and capsicum are tender, about 2-3 mins.
3. Add zucchini and continue to sauté for another 2 mins.
4. Add water, chicken style powder and salt. Cook for another minute.
5. Reduce heat. Add tomatoes and cook 5 more minutes, stirring frequently.
6. Stir in spinach. Cook till spinach is tender. Add the pasta and broccoli and toss well.
7. Drizzle with remaining oil and lemon rind. Garnish with basil leaves.

Serves 8