

RAISIN AND SPELT MUFFINS

2 c spelt flour
¼ c brown sugar
1 c soy milk
1½ t egg replacer dissolved in 2 T water
1½ T baking powder*
3 T olive oil
1½ c raisins
1 t vanilla

1. Preheat oven at 200°C.
2. In a large bowl, mix all the dry ingredients.
3. Make a well in the centre. Pour in soy milk, oil, egg replacer mixture, and vanilla. Mix thoroughly.
4. Spray muffin tins with a non stock spray or line with muffin cups.
5. Fill muffin tins 2/3 full with the batter.
6. Bake for 20 mins or till golden

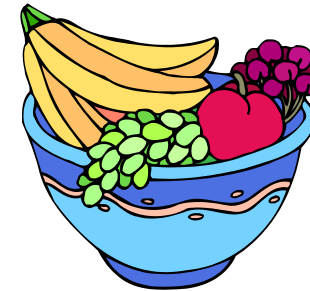
Makes 12 muffins.

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



The next meeting will be held on 26th July, 2011.

EATING FOR HEALTH



**RECIPE CLUB
28 JUNE, 2011**

CREAMY CORN SOUP

ARTICHOKE HEARTS WITH BLACK BEANS

RAISIN AND SPELT MUFFINS

CREAMY CORN SOUP

3-4 cobs of corn
1 medium onion, chopped
2 medium potatoes, chopped
½ t turmeric
6 cups water
1T cold pressed olive oil
3 t Chicken style powder (Massel)
1 t salt (celtic)

1. Cut the corn kernels from the cobs to make up 3 cups of kernels.
2. In a medium pot, add all the ingredients.
3. Bring to boil. Reduce heat to low. Cook until the vegetables are tender.
4. Let it cool a little and blend to a creamy smooth texture.
5. Check for seasonings.

Serves 8



This soup is gluten free.

The artichoke recipe on the next page is also gluten free if the penne pasta is replaced by gluten free pasta.

ARTICHOKE HEARTS WITH BLACK BEANS

1½ T cold pressed olive oil
2 lge cloves garlic, chopped
2 x 400g cans diced Italian tomatoes
½ t fresh rosemary*
3 t vegetable stock powder
500g wholemeal penne pasta
1 x 400g can black beans**
1 x 340g jar marinated artichoke hearts, drained
1 c shallots (spring onions), chopped
1/3 c kalamata olives in salt water, pitted, halved (Sandhurst brand)

1 t turmeric
1 t sugar
2 T capers
½ t coriander

1. In a large frypan, heat oil. Add shallots and garlic. Cook on medium heat for 3 mins, stirring frequently.
2. Add canned tomatoes and the dry ingredients. Cook another 3 mins.
3. Add the black beans, stirring to mix well.
4. Continue to cook for 5 more mins.
5. Reduce heat to low. Add artichoke hearts, olives and capers. Cover and simmer for 2 mins further.
6. In the meantime, prepare the penne pasta according to packet directions.

Serves 6



* or ¼ t dry rosemary

** or use 1 c dry black beans. Soak dry beans overnight before cooking. Use 1½ c of cooked beans. Alternatively, use cannellini beans.