

NO BAKE BROWNIES

½ c soy milk
½ c honey
½ c almond meal
1 t vanilla essence
1/3 c carob powder

1 T tahini
1 T peanut butter
2 T grated orange rind
1 c coconut
1½ c quick oats

Method

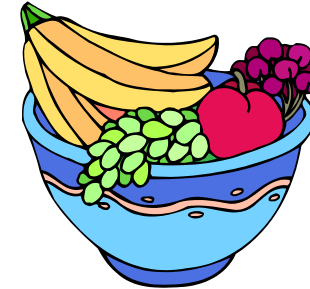
1. In a medium saucepan, heat soy milk, honey and vanilla. Bring to the boil gently. Turn heat down to simmer.
2. Add tahini, peanut butter, orange rind and carob powder. Mix well.
3. Add coconut and quick oats. Mix well.
4. Prepare a tray by lining with greaseproof paper.
5. Scoop out 1 T of the mixture at a time. Drop the mixture on the greaseproof paper.
6. Chill in refrigerator.

Makes 24 brownies.



**The next meeting will be held on 25th October, 2011.
Invite your friends. See you then.**

EATING FOR HEALTH



**RECIPE CLUB
27 SEPTEMBER, 2011**

CREAM OF CELERY SOUP

**ARTICHOKE, FRESH CORN & TOFU
SCHNITZELS**

NO BAKE BROWNIES

CREAM OF CELERY SOUP

3 c celery, chopped	1 small onion, chopped
1½ c soy milk	½ c celery leaves, chopped
3 T corn flour	3 t chicken style powder
2 T white flour	3 cloves garlic, chopped
1 T packed parsley, chopped	7 c water
½ t salt	

Method

1. In a medium saucepan, cook celery, onion and garlic in 7 c water. Bring to the boil. Cook gently till vegetables are tender.
2. Add rest of the ingredients.
3. Blend the soup with an electric stick blender.
4. Return to heat. Bring to the boil, stirring for 2 mins. Remove from heat.

Serves 8.

If the soup is to be reheated, do not boil. It can also be reheated in a double boiler.



ARTICHOKE, FRESH CORN & TOFU SCHNITZELS



1 c fresh corn kernels*
½ c wholemeal flour
1¼ c unbleached white flour
1 T baking powder**
1 x 400g can whole artichoke hearts in brine, chopped (Val Verde brand)
300g firm tofu
¾ c soy milk
½ c corn flour
3 t Massels chicken style stock powder
½ t salt
1 T fresh chives, chopped
4 cloves garlic, chopped
¼ c parsley, chopped
More white flour for coating

Method

1. In a large bowl, mix wholemeal flour, white flour, baking powder, corn starch and stock powder. Mix well.
2. Add the rest of the ingredients. Mix well. Let the mixture rest for 5 mins and mix again.
3. Scoop out 1 T of mixture. If the mixture is a little dry, use a little more soy milk. Coat with white flour.
4. Fry the schnitzels on both sides. Makes about 24.
5. Serve with salad or cooked vegetables.
6. These schnitzels freeze well.

* Remove the corn kernels from the cobs and steam

** Paul uses aluminium free and gluten free baking powder