

FRUIT BALLS

Ingredients:

1/2 cup dates
1/4 cup of chopped walnuts or pecans
1/2 cup sultanas
1/4 cup desiccated coconut
1/2 cup dried apricots
Extra coconut for coating
1 tsp. lemon juice

Method:

1. Place dried fruit and lemon juice in the food processor and blend.
2. Mix in chopped nuts and coconut.
3. Shape into balls and roll in extra coconut.
4. Store in refrigerator. Flavour improves with storage!



The next meeting will be held on 30th October 2012.

Invite your friends. See you then.

Our Facebook Group - Eating For Health Recipe Club - Hamilton, Victoria
<https://www.facebook.com/groups/171081359679949/>

To access past Recipe Club recipes, please visit our church website :
<http://hamilton.adventist.org.au/hrc>

EATING FOR HEALTH

RECIPE CLUB

26 June, 2012



SUNSHINE SOUP WITH CROUTONS

BUCKWHEAT TABBOULI SALAD

FRUIT BALLS

SUNSHINE SOUP WITH CROUTONS Serves 6

Ingredients:

500 g pumpkin, diced 600 ml vegetable stock
500 g potatoes, diced 300 ml Sanitarium so Good (or milk)
1/2 can asparagus pieces, with some liquid Onion salt to taste

Method:

1. Cook potatoes, pumpkin and asparagus in stock. When tender, puree vegetable in food processor or blender.
2. Add So Good, season with onion salt, heat and serve with savoury croutons.

SAVOURY CROUTONS

Ingredients:

One loaf of sliced wholemeal bread.
Mix 1/2 cup margarine with 1 tbsp olive oil, beat until creamy.

Add the following herbs.

1/8 tsp crushed garlic 1/8 tsp oregano
1/8 tsp sweet basil 1/8 tsp coriander
1/8 tsp onion powder 1 tsp dried parsley

Method:

1. Mix herbs into the margarine mixture.
2. Spread thinly on slices of bread.
3. Cut into 1 cm squares.
4. Bake in moderate oven until delicately golden brown. (170 C.)



BUCKWHEAT TABBOULI SALAD Serves 6 — 8

Ingredients:

1 litre water
1 cup semi—dried tomatoes, chopped
10g vegetable stock cube, crumbled
1/2 cup lemon juice
1 cup buckwheat kernels
1 1/2 tbsp olive oil
2 bunches continental parsley
1 clove garlic finely chopped

Method:

1. Place water in a medium saucepan, bring to boil.
2. Add stock cube and buckwheat, simmer for 20 minutes until buckwheat is tender, drain and discard stock.
3. Transfer buckwheat to a salad bowl.
4. Add parsley, semi—dried tomatoes, lemon juice, olive oil and garlic to buckwheat.
5. Toss to combine and serve.

