

Our Health Talk

This year we are going through a short series called
Creation Health.

So far we have found that in our theme this year, the

C stands for Choice and

R stands for Rest.

E stands for ??

This month we will find out what the letter **E** stands for in
C.R.E.A.T.I.O.N.

Peter Roberts will tell us about poultices.

What are they?

Are there different kinds?

What can they be used for?



We have a special guest next month, **Sibilla Johnson**, who is a nutritionist and health educator from Melbourne, and she will be taking the program for us.

The next meeting will be held on 25th June 2013.

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

28th May, 2013



PINEAPPLE CAKE

TOFU QUICHE

PINEAPPLE CAKE

Ingredients:

- 2 cups of whole meal flour.
- 1 cup of crushed pineapple.
- 1/3 cup of olive oil.
- 1/3 cup of honey.
- 2 teaspoons of healthy baking powder.
- 1/4 cup of soy milk.

Method:

1. Mix flour and baking powder in a mixing bowl.
2. Put the pineapple, olive oil, soy milk and honey into the bowl and mix well.
3. Pour the mixture into the cake tin, and bake at 190°C (fan-forced oven) for 40 minutes.



TOFU QUICHE

Ingredients

Group A Ingredients

- 1/2 cup of green capsicum/peas/corn.
- 1 cup of grated carrots.
- 1 cup of diced onions.
- 2—4 cloves of crushed garlic.
- 1 teaspoon of basil.

Group B Ingredients

- 300 grams tofu (firm/silken)
- 1 cup of cashews.
- 2 tablespoons of corn flour.
- 2 tablespoons of yeast flakes.
- 1 1/2 teaspoons of sea salt.
- 1 cup of water.

Method

1. Mix **group A** ingredients together.
2. Blend **group B** ingredients together, then mix into A.
3. Pour into unbaked pie crust or just pour into pie plate without pie crust, and bake at 180°C for 45—60 minutes.

