#### **Our Health Talk**

This year we are going through a short series called C.R.E.A.T.I.O.N. 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 Environment

 ${\bf A}$  stands for  $\ref{eq:alpha}$ 

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

**Sibilla Johnson** will show us two brand new healthy recipes and talk on 'Effective Steps to Protect your Mind and Strengthen your Memory', which is a part of the C.R.E.A.T.I.O.N. Health series.



The next meeting will be held on 30th July 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** 



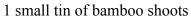
# VEGETABLE SATAY

CREAMY DESSERT SALAD

## **VEGETABLE SATAY**

#### Ingredients:

1 onion, diced
2 tbsp crunchy peanut butter
2 sticks of celery, sliced
3/4 cup water
1 red capsicum, diced
1 bottle of Fountain Satay Sauce
2 carrots, cut into slices or chopped
15 dried apricots
1 zucchini, cut in half and sliced
1 1/2 cups cooked chick peas, (1 tin)
1/4 cabbage, sliced



### Method:

- 1. Stir-fry the vegetables for about 7 minutes,
- 2. Add peanut butter mixed with 3/4 cup water, Satay Sauce, dried apricots, cooked chick peas and bamboo shoots.
- 3. Simmer until cooked, about 10 minutes.
- 4. Serve with cooked rice, noodles or on dry baked potatoes.

#### Serves 6



# CREAMY DESSERT SALAD

#### **Ingredients:**

- 1 orange, diced
- 1/2 cup pineapple pieces
- 2 bananas, sliced
- 1 cup grapes or chopped kiwi fruit
- 1 apple, diced
- 1 cup sliced strawberries, or other fruit
- 1/2 rock melon, diced
- 1/4 cup shredded coconut (optional)

## Dressing

2 tbsp. low-fat yoghurt, dairy or soy420g can mango slices, drained (in natural juice)

# Method:

- 1. Prepare fruit, toss with coconut, if using.
- 2. To make dressing, blend yoghurt and mango until creamy.
- 3. Fold dressing through fruit carefully. Only use enough to moisten the fruit
- 4. Serve garnished with mint leaves or a slice of fruit.

#### Serves 6 - 8

