

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

A stands for ??

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

25th June, 2013



- **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
- 1 small tin of bamboo shoots



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 soy
- 420g 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