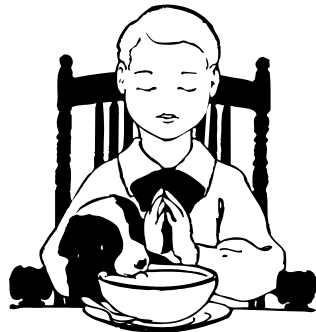


HOMMUS DIP

2 C chick peas cooked
4 Tbsp Sesame Seeds (ground in seed grinder)
1 tsp sea salt
2 cloves of garlic, minced
2T to 3T lemon juice

Blend all ingredients in blender until mixture is a runny texture
Put in a mixing bowl. You may add some olive oil and some parsley.
Let it set and thicken in the refrigerator.



**The next meeting will be held on 27 August 2013.
Invite your friends. See you then.**

To access past recipes, please go to our church website:
<http://hamilton.adventist.org.au>

EATING FOR HEALTH

**RECIPE CLUB
30 JULY, 2013**



DELICIOUS KING BURGERS

HOMMUS DIP

BANANA DATE NUT CAKE

DELICIOUS KING BURGERS

A. Put in blender and blend until smooth.

1½ C Chicks Peas (cooked)
½ C coconut milk
½ C walnuts
1 Tbsp water
2 Tbsp olive oil

B. Simmer until clear then add tomato paste

1 onion minced
4 Tbsp water
1½ Tbsp tomato paste

C. Put into a bowl

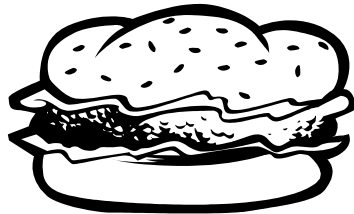
1½ C Quick Oats
1 tsp Italian seasoning
1 tsp basil
1 tsp salt
1 tsp chicken style seasoning (Massel Chicken Stock Powder)

Mix well A+B+C together

Form patties and place on an oiled baking tray

Bake at 180°C for 20 minutes on one side and 10 minutes on the other.

Makes 16 egg ring size patties.



BANANA DATE NUT CAKE

½ C warm water
1 Tbs honey
2 Tbs active dry yeast

1/3 C honey
1Tbs vanilla
½ C olive oil
2 C mashed ripe bananas (4)



1½ C whole wheat flour
1½ C OAT FLOUR or whole wheat pastry flour
2 tsp sea salt
1 C chopped nuts
2 C chopped dates

In a SMALL bowl, stir together the first 3 ingredients to make a sponge. Set aside to bubble in warm place.

In ANOTHER bowl, add the next three liquids and bananas, mixing well.

In the LAST bowl, stir together remaining ingredients. When sponge is formed, pour contents of first two bowls into the last bowl. Mix well briefly. Spread evenly into an 8 inch X 12 inch baking dish (lightly oiled). Cover and let rise in warm place 10 to 15 minutes.

Bake at 375°F (190°C) for 10 minutes. Reduce heat to 350°F (180°C) and bake 30-40 minutes more. May frost if desired.