

EATING FOR HEALTH

**RECIPE CLUB
24 SEPTEMBER, 2013**



**The next meeting will be held on 29 October, 2013.
Invite your friends. See you then.**

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

COOKING WITH FANNY

- **Sesame Crackers**
- **Mixed Vege Bake**

SESAME CRACKERS

Ingredients

2½ cups of wholemeal flour.
1½ cups of rolled oats.
⅓ cup of sesame seeds.
⅓ cup of olive oil.
2 teaspoons of sea salt.
1 cup of hot water.

Procedure

1. Mix all the dry ingredients together.
2. Then, add oil and hot water; mix until combined, but do not overmix.
3. Roll out dough very thinly and put on tray.
4. Bake at 180°C for 20 minutes, until golden brown.



MIX VEGE BAKE

Ingredients

2 zucchinis.
1 onion.
1 red capsicum.
½ cup of green olives (pitted).
½ cup of cashews.
1 tablespoon of olive oil.
1 teaspoon of sea salt.

Procedure

1. Dice zucchinis, onion and capsicum.
2. Mix all ingredients together.
3. Bake at 180°C for 20—25 minutes.

