

The next meeting will be held on Tuesday 26 November, 2013.  
This will be our year end break up party.

Please bring a plate of healthy vegetarian dish to share on the night. Bring your recipe as well so we can include it in our party recipe book available next year.

Invite your friends and family to join us. See you then.



To access past recipes, please go to our church website:

<http://hamilton.adventist.org.au>

# EATING FOR HEALTH

**RECIPE CLUB**  
**29 OCTOBER, 2013**



## ***COOKING WITH SUSAN***

- **Macaroni Cheese**
- **Pineapple Cream Pie**

## MACARONI CHEESE

Cook 2 ½ cups of macaroni in salted water and place in a flat casserole dish

### Sauce

Blend until smooth in a blender:

- 1 cup of raw cashews
- ¼ cup of lemon juice
- 1 ½ tsp salt
- 3 cups water
- ½ a medium red capsicum chopped
- 3 T of nutritional yeast flakes
- 1 tsp onion powder
- ½ tsp garlic powder

1. Pour sauce over the macaroni making sure it is well covered.
2. Stir in 1/8 cup of sliced olives, one fresh tomato cut into cubes, and some dried tomatoes.
3. Bake for 30-40 minutes at 180°C.



## PINEAPPLE CREAM PIE

### Crust

- ¾ C desiccated coconut
- ½ C wholewheat flour
- 2T honey
- ½ C sunflower seeds
- 1 crushed Weet-Bix
- ½ tsp salt
- ¼ C olive oil



1. Mix together well.
2. Press into a quiche pie dish or a flat casserole dish.
3. Bake at 180°C for 10-20 minutes, (or until golden brown) and set aside to cool.

### Filling – Yields filling for 2 pies

- 825g can of pineapple pieces
- 1 C cashews
- ¼ C corn starch
- 1 C soy milk
- 1 x 270ml tin of Ayam Premium Coconut cream
- ½ C honey
- 2 T of coconut oil

1. Blend all ingredients for the filling until smooth.
2. Cook on low to medium heat.
3. Add coconut oil, stirring constantly until thick.
4. Pour into a pie crust and chill.

Best served next day.