

The next meeting will be held on Tuesday 29 April at 7 p.m.

Nutritionist, Sibilla Johnson, will be our guest presenter. Sibilla is a health educator and trainer.

Please tell your friends about this club.



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

# EATING FOR HEALTH

**RECIPE CLUB**  
**25 MARCH 2014**



## ***COOKING WITH FANNY***

- **BAKED POTATO CHIPS**
- **PINEAPPLE CRUMBLE SLICE**

# BAKED POTATO CHIPS

## Ingredients:

5 potatoes (medium)  
1 t sea salt.  
1 t soy sauce  
1 t mixed herbs  
½ T olive oil

## Method:

1. Slice the potatoes, then cut into chips.
2. Mix all the seasonings in.
3. Spread the seasoned chips evenly on the baking tray.
4. Bake at 220°C for 20 minutes, then 200°C for 25 minutes.



# PINEAPPLE CRUMBLE SLICE

## Ingredients:

1 can (440 g) crushed pineapple  
2 cups of rolled oats  
½ cup desiccated coconut  
1 cup pitted dates soaked in ½ cup of hot water

## Method:

1. Drain the juice from the can.
2. Mix the oats and coconut with the juice.
3. Then, take ½ of oat mixture and press into casserole dish.
4. Mash softened dates, then put pineapple in and mix well as filling in the dish. Then, cover the remaining ½ of oat mixture.
5. Bake at 180°C for 20--25 minutes.

