Seed Flakes:

1 cup sesame seeds roasted 1 cup pumpkin seeds roasted 1[/]₂ cup sunflower seeds roasted

Blend until very fine.

MAPLE WALNUT COOKIES

2½ c walnuts, ground in food processor
2/3 c wholemeal flour
1 t salt
1/3 c linseed, ground
1/3 c carob buttons (dairy and sugar free)
½ c + 2 T maple syrup

2 t vanilla



In a bowl, add all the ingredients in the order listed. Mix well.

Spray a large cookie sheet and preheat the oven to 180°C.

Drop dough on cookie sheet with a spoon and flatten with a fork.

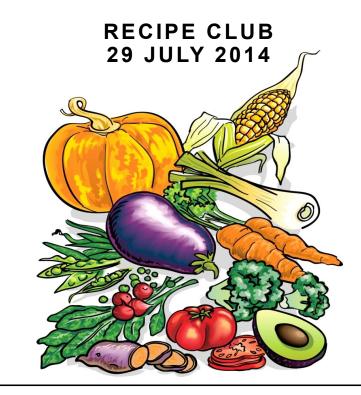
Bake for 10 - 15 minutes or until golden brown, check often to prevent burning.

Let cool before removing from the cookie sheet.

This amount makes one dozen cookies.

The next meeting will be held on 26 August 2014. Please mark the date in your diary. Invite your friends.

EATING FOR HEALTH



COOKING WITH SUSAN & SERAH

- CHIA PUDDING
- BRAZIL NUT BALL
- MAPLE WALNUT COOKIES

CHIA PUDDING

1 c chia (White or Black) 3¼ c soymilk 1 T maple syrup 2 t vanilla extract

First, put 1 cup of chia and a little bit of soymilk in a bowl. Stir constantly. When it is thick, add a little more milk. Let it sit for about 2-3 minutes then stir again. Do not let it go lumpy. Do this process until you have finished the milk. Add the 1T. maple syrup and the 2 t vanilla extract. Mix. Then add the Blueberry Topping and stir. When you've finished, spread the Pear Cream on top.

Pear Cream Topping:

tin of pear slices in fruit juice (820 grams)
 c cashews
 T maple syrup
 t vanilla extract

Directions:

Blend the first two ingredients together until smooth. Then add the 1T. maple syrup and 1t of vanilla. Blend again. Reserve 1/3 of the cream.

Blueberry Topping:

Take the remaining 2/3 of the Pear Cream and add 1/4 c. of blueberries and blend again



BRAZIL NUT BALLS

{Contains Gluten}

- 1 large onion, finely chopped
- 1T. dry basil
- 1-2T oil
- 1c soymilk
- 1¹/₂ t garlic powder
- 2T. onion powder
- 1¼t salt
- 2T soy sauce
- 2 c Brazil nuts, ground
- 4 c fresh whole-wheat bread crumbs
- 1/2 t each of rosemary & thyme

Sauté onion and basil in olive oil until soft. Put into bowl and add soymilk, garlic powder, onion powder, salt, and soy sauce. Mix thoroughly. Add Brazil nuts along with the breadcrumbs and remaining herbs. Mix well and form into small balls. A small ice cream scoop may be used. Place on baking tray lined with baking paper. Bake at 180 degrees for 20 minutes, turn and bake for another 15 minutes. Serve with Tomato Gravy.

Tomato Gravy

2 large onions, finely chopped olive oil
2 x 400g tins diced tomatoes
1t brown sugar or honey
³/₄ t. salt
1t. dry basil

Sauté onions in olive oil until soft. Do not burn. Add the tomatoes. Simmer gently for 30 minutes. Season with sugar or honey, salt, basil. If too chunky, mash with potato masher.

