

### Seed Flakes:

1 cup sesame seeds roasted  
1 cup pumpkin seeds roasted  
½ 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

RECIPE CLUB  
29 JULY 2014



## COOKING WITH SUSAN & SERAH

- CHIA PUDDING
- BRAZIL NUT BALL
- MAPLE WALNUT COOKIES

## CHIA PUDDING

1 c chia (White or Black)  
3¾ 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:

1 tin of pear slices in fruit juice (820 grams)  
1 c cashews  
1T maple syrup  
1 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 ¼ c. of blueberries and blend again



## BRAZIL NUT BALLS

{Contains Gluten}

1 large onion, finely chopped  
1T. dry basil  
1-2T oil  
1c soymilk  
1½ t garlic powder  
2T. onion powder  
1¼ t salt  
2T soy sauce  
2 c Brazil nuts, ground  
4 c fresh whole-wheat bread crumbs  
½ 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  
¾ 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.