

# EATING FOR HEALTH

RECIPE CLUB  
26 AUGUST 2014



**The Family Who  
Eats Together  
Stays Together**  
*When was the last time your family enjoyed a meal together?*



**COOKING WITH FANNY & ABIGAIL**

- **PUMPKIN CURRY**
- **APPLE MUFFINS**

*The next meeting will be held on 30 September, 2014.  
Please mark the date in your diary. Invite your friends.*

# PUMPKIN CURRY

## Group A

- 1 cup of diced onions.
- ☐ 1 cup of diced tomatoes.
- ☐ 3 cloves of crushed garlic.
- 2 teaspoons of olive oil.

## Group B

- ☐ 2 teaspoons of sea salt.
- ☐ 1 teaspoon of cumin powder.
- ☐ 1 teaspoon of turmeric powder.
- ☐ 1 teaspoon of coriander powder.
- 1/2 cup of water.

## Group C

- ☐ 1/3 medium pumpkin, steamed and cut up.
- ☐ 1/2 cup of coconut milk.
- 2 cups of cooked chickpeas.

## Method

1. Sauté A ingredients for 2 minutes then add B ingredients and simmer for 5 minutes.
2. Add C ingredients and stir until boiling.
3. Finally, turn stove off and it is ready to serve.

Serves 4-6



# APPLE MUFFINS

## Ingredients

- ☐ 3 - 4 coarsely grated green apples.
- ☐ 2 cups of quick oats.
- ☐ 1 cup of desiccated coconut.
- ☐ 1/3 cup of raisins.
- ☐ 1/3 cup of honey.
- ☐ 1/4 cup of tahini.
- ☐ Pinch of salt.
- ☐ Freshly grated ginger.

## Method

1. First, mix oats, coconut and raisins together.
2. Then, add honey, tahini and mix thoroughly.
3. Next, add apple and ginger to make a moist mixture, and then spoon mixture into muffin trays.
4. Finally, bake the mixture at 180°C (350°F) for 20 - 25 minutes

Makes 12 muffins

