

Our next meeting will be the last for 2014.

We will be celebrating the end of another successful year of Recipe Club with a party. This will be on:

Tuesday 25th November 2014 at 7 pm.

Please bring a plate of healthful vegetarian food to share. You can replicate one of the recipes demonstrated this year or create your own. Please bring a copy of the recipe with you.

Do invite your family and friends to this occasion.



Where You Can Find Us!

Our Facebook Group - Eating For Health Recipe Club - Hamilton, Victoria
<https://www.facebook.com/groups/171081359679949/>

To access past Recipe Club recipes, please visit our church website :
<http://hamilton.adventist.org.au>

EATING for HEALTH

RECIPE CLUB

28th October, 2014



COOKING WITH SUSAN & SERAH

- **DRIED FRUIT BALLS**
- **SAVOURY BREAD STRIPS**
- **CHEEZIE SAUCE**

A Community Service of the Seventh Day Adventist Church

DRIED FRUIT BALLS

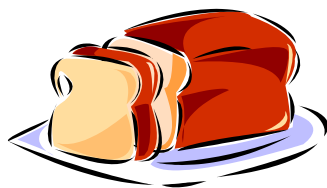
- 1 c. dried apricots
- 1 c. dried dates
- 1 c. dried sultanas
- 1 c. walnuts
- 1 c. desiccated coconut
- 3T. orange or apple juice



Soften the dried fruits in boiling hot water, then drain. First, blend the walnut until fine, and then add your dried fruits that you have soaked, then blend until mushy. Add the coconut and apple or orange juice, and blend until all is combined together. Form into balls and roll in extra coconut. Chill in the fridge or freezer.

SAVOURY BREAD STRIPS

- Whole-wheat bread, flat or lavash bread
- $\frac{1}{4}$ c. Tahini
- $\frac{1}{4}$ c. water
- 3 garlic cloves crushed
- $\frac{1}{4}$ t. salt
- $\frac{1}{4}$ c. sesame seeds



Cut slices of whole-wheat bread into 3 cm. strips. One slice of purchased bread cuts into 3 strips. If using flat or lavash bread, cut to preferred size. Stir remainder of ingredients together to form a creamy paste. Spread mixture generously on bread strips. Bake in the oven for 20 minutes at 180 degrees. Do not over bake because the bread will dry out.

CHEEZIE SAUCE

- 1-2 red capsicums, seeded and chopped into pieces
- 6 T. cornstarch
- $\frac{3}{4}$ c. raw cashew nuts
- $\frac{3}{4}$ c. sunflower seeds
- 7 $\frac{1}{2}$ c. water
- 2 T. salt
- $\frac{3}{4}$ c. nutritional yeast flakes
- $\frac{3}{4}$ c. rolled oats
- 6 T. lemon juice
- 1 T. onion powder
- 1 T. honey



Blend all ingredients thoroughly. You will probably not be able to put all the water in the blender, but be sure to add the rest of the water or your sauce will be too strong. Make sure the mixture is nice and creamy and that all the cashews and seeds have been blended well before cooking over the stove. Bring to a boil in a large saucepan, stirring constantly, until thick.

Stir in at this point 2 t. dillweed for a more cheezie flavour.

This is a very large recipe of “Cheezie Sauce,” so you can cut it down if you want. We purposely made this recipe large, however, so that you could freeze it in 3 or 4 Ziploc bags for later use.

Whatever portion you decide to freeze does not need to be cooked over the stove until you are ready to use it. This should make it convenient to use whenever you want. You will find this to be a family favourite.