

RED VELVET TRUFFLES:

1 cup unsalted cashews
1/2 cup coconut
1/2 cup hazelnut meal
1/3 cup cranberries
6 Fresh Dates, pitted
2 Tab Maple Syrup
2 Tab Beetroot Juice
1 tsp coconut oil

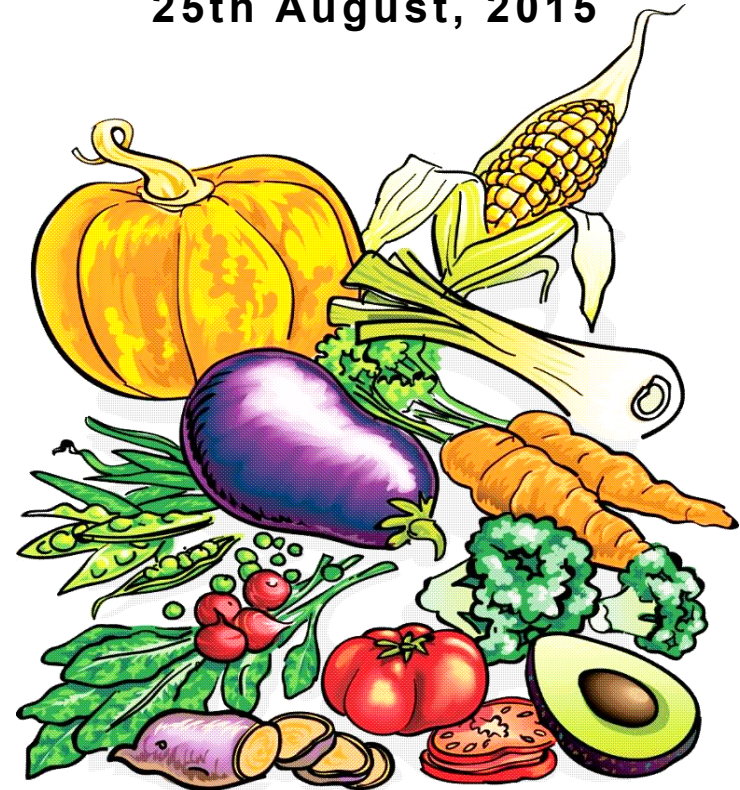
Method:

1. Process the cashews, add remaining ingredients and mix to a sticky dough consistency.
2. Roll into balls then toss in a small amount of hazelnut meal. Fridge till set.



EATING for HEALTH RECIPE CLUB

25th August, 2015



Our next meeting will be held on Tuesday 29th September at 7 pm.

Please mark the date in your diary.

If you have enjoyed the program tonight, do invite your family and friends to our next meeting.

See you then.

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/hrc>

COOKING WITH WENDY

- BOTTOM OF THE FRIDGE STEW
- MULTIGRAIN BREAD
- RED VELVET TRUFFLES

A Community Service of the Seventh Day Adventist Church

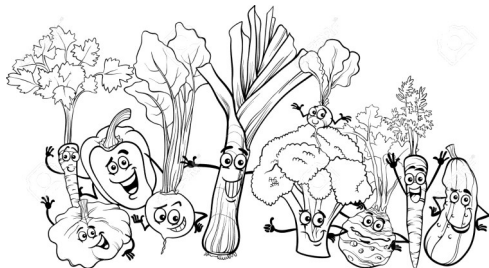
BOTTOM OF THE FRIDGE STEW

Chop about 800 gm of any vegies you have in your fridge, carrots, celery, capsicum, parsnip, swede, potato, sweet potato, onion, garlic, parsley.

- 1 can of no added salt beans of your choice
- 1 spoonful of marmalade or jam
- 1 large bay leaf
- 1 small 225g can drained pineapple pieces in natural juice
- 1/3 cup dried chopped apricot pieces
- 1 teaspoon No added salt (or salt reduced) vegetable stock powder
- A few shakes of black pepper
- About a cup of vegetable stock or water.

Method:

1. Fry off the onion in a little oil.
2. Add all ingredients to the onion and add enough vegetable stock to about 1/2 cover.
3. Simmer gently like you would with soup, till every thing is soft.
4. Add more stock if it's too dry.
5. You could cook this in the slow cooker if you like.



MULTIGRAIN BREAD:

****Using your kitchen scales, weigh all together,**

- 3/4 cup wholemeal plain flour
- 2 1/2 tsp Rice Flour
- 2 1/2 tsp Bread Improver (from the health food shop in Gray St)
- 2 1/2 tsp Gluten Flour (from the health food shop in Gray St)
- 1 Tab Milk Powder
- 2 tsp Raw Sugar

1. Then add enough Bakers Flour (Defiance or Wallaby brand, from supermarket) to make a total of 375 gm.
2. To this, add 75 gm of any seeds you like, sesame, linseed, sunflower, pepita, chopped pistachio, chopped almonds etc.
3. Thoroughly mix dry ingredients.
4. Measure 1 Tab white vinegar into a measuring cup then add enough tap water to make a total of 290 ml.
5. Pour into your bread machine.
6. Add 1 Tab Olive Oil
7. Then add all the dry ingredients
8. On top, add 1 1/4 tsp yeast
9. Set Machine to small multigrain loaf. (Takes about 3 1/2 hours.)

