

Yummy Granola

Combine:

- 6 C raw oats
- 2/3 C desiccated coconut
- 1/3 C sunflower seeds
- 1/3 C pumpkin seeds
- 1 C chopped nuts (almond & Brazil nuts or your choice.)



Whiz in a blender the following:

- 2 ripe bananas
- 2/3 C dates (soaked in boiling water until soft)
- 1/2 tsp salt
- 1/2 tsp vanilla essence

Method:

1. Add the blended mixture to oat mixture and mix well.
2. Spread the mixture over 2 medium oven trays.
3. Bake at 120 degrees for about an 1½ hours, stirring every 30 minutes.
4. Allow to cool and store in an airtight container.

The year has come to an end, so let's party!!

Our next meeting will be held on Tuesday 24th November at 7 pm.

*Please mark the date in your diary as this is the
year end breakup party.*

*Each member is asked to bring a dish (something vegetarian and
healthy), together with the recipe. If you want to, you can replicate
something demonstrated during the year.*

See you then!

EATING for HEALTH RECIPE CLUB

27th October, 2015



COOKING WITH SERAH & JUSTIN

- ZESTY LEMON TART
- YUMMY GRANOLA
- GRANOLA CRUMB PIE CRUST
- LEMON BAKED TOFU

A Community Service of the Seventh Day Adventist Church

Lemon Baked Tofu

1 packet firm tofu

Marinade ingredients:

- $\frac{1}{4}$ cup fresh lemon juice
- 2 tablespoons soy sauce
- 3 tablespoons olive oil
- 1 tablespoon fresh rosemary, minced
- $\frac{1}{4}$ teaspoon ground black pepper



DIRECTIONS:

1. Slice the tofu to taste.
2. Combine all the marinade ingredients.
3. Marinade the tofu in the marinade for 1-2 hours.
4. Make sure you turn to coat both sides.

Baking:

1. Preheat oven to 190C
2. Use a baking dish that will hold your tofu slices in one single layer.
3. Bake for 30-60 minutes. The longer it baked, the chewier it will become.
4. Remove from oven and let cool about 10 minutes.
5. Store leftovers in a container in the refrigerator for 3-4 days.

Visitor's Day - We are having a special Visitor's Day at the Hamilton Seventh-Day Adventist Church on **Saturday, November 14th**. All are welcome to attend.

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>

Zesty Lemon Tart

Ingredients:

- 2 440grams tin crushed pineapple
- 1 small orange, peeled and finely chopped
- 7 T Raw Sugar (1/3 cup Honey)
- 2 T Olive Oil or any other oil
- 1 tsp Lemon zest or approximately
- 1/2 c Water
- 6 T cornflour
- 1/2 tsp Salt opt
- 6 T lemon juice



Method:

1. Blend everything until smooth. Pour into a saucepan and cook until thickened
2. Pour into a baked pie crust.
3. Chill overnight and decorate before serving
4. Serving Suggestions:
5. Layer with muesli and bananas or use as a topping over waffles or hot cereal

NOTE: 1 Cup of Sugar is equivalent to 1/3 Cup of Honey

Granola Crumb Pie Crust

- 1 $\frac{1}{2}$ C ground yummy Granola
- 3 T soy milk
- 3 T olive oil



1. Mix all the ingredients together until well combined.
2. Press firmly into the bottom of a pie plate.
3. Bake at 180 degrees for 10 to 12 mins until golden brown. (Keep an eye on base and it can burn quickly.)