

*Our next meeting will be held on Tuesday 26th April 2016*

Meets on the fourth Tuesday of each month from March to November.

**Venue:** Salvation Army Church Hall, 89 Kennedy Street,  
Hamilton, Victoria, 3300.

**Times:** Sessions begin at 7 pm and run for approximately 1-2 hours.

**Cost:** There is a small entry fee of \$5 to help cover running costs to all patrons and bookings are essential.

Bring your friends and your taste buds for a real treat.

*Eating 4 Health Recipe Club,  
Hamilton, Victoria.*

Our Facebook Group - Eating For Health  
Recipe Club - Hamilton, Victoria  
[https://www.facebook.com/  
groups/171081359679949/](https://www.facebook.com/groups/171081359679949/)

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

Contact via Email:  
[recipeclub@hamilton-adventist.net](mailto:recipeclub@hamilton-adventist.net)

# EATING for HEALTH

## RECIPE CLUB

**22nd March, 2016**



**COOKING WITH SUSAN & SERAH**

• **SCRAMBLED TOFU**

• **AUNTY VIVI'S NO NAME SLICE**

A Community Service of the Seventh Day Adventist Church



## Scrambled Tofu

### *Ingredients:*

450g firm tofu (Aldi brand preferred)  
1 large onion finely chopped  
½ t turmeric  
2 t. Grated garlic opt  
½ t dried basil or a handful of basil fresh  
3 medium tomatoes  
3 spring onions finely chopped  
3 t soy sauce  
2 t chicken stock powder  
Celtic Salt to taste

### *Method:*

1. Add small amount of oil to fry pan sauté onion until soft.
2. Add turmeric, garlic basil and sauté 1-2 minutes more to toast slightly
3. Add crumbled tofu and spring onions
4. Mix well and heat through.
5. Finally add soy sauce, chicken stock powder and salt to taste
6. Good on toast, and rice and a lot of other things



## Aunty Vivi's No Name Slice

### *Base:*

1/2 c almonds  
1/2 c desiccated coconut  
1/2 c dates

Blend all together and press into a dish

### *Topping:*

2 c cashews  
½ coconut oil  
1 c dates soaked  
½ c carob powder  
2 t vanilla essence  
Pinch of salt  
1 c water

### *Method:*

1. Blend together until very, very smooth.
2. Pour on top of the base and put in the freezer but before it is rock hard cut into squares and put back into the freezer.
3. Take out of the freezer 5 min before serving.

