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.

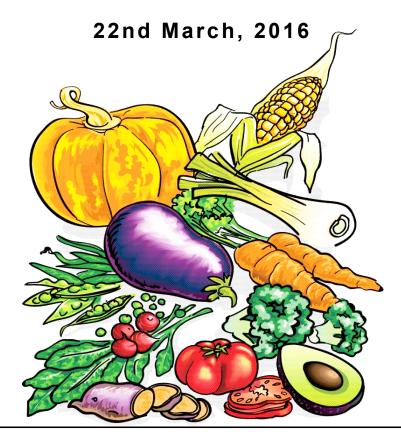
Cost: There is a small entry fee of \$5 to help cover running costs to all

patrons and bookings are essential.

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



EATING for HEALTH RECIPE CLUB



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:

- . Blend together until very, very smooth.
- 2. Pour on top of the base an 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.