

Our next meeting will be held on Tuesday 24th May 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.



The Family Who Eats Together Stays Together

When was the last time your family enjoyed a meal together?

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>

EATING for HEALTH

RECIPE CLUB

26th April, 2016



COOKING WITH SIBILLA

- **PASTA AND AVOCADO SALAD**
- **MINI MUESLI MUFFINS**

A Community Service of the Seventh Day Adventist Church

Pasta and Avocado Salad

Serves 6

Ingredients:

- 1½ cups wholemeal pasta shapes
- 4 tbsp low fat mayonnaise
- 2 tsp tahini (sesame paste)
- 1 orange
- ½ medium red capsicum, finely chopped
- 1 carrot, grated or cut into small strips
- 1/3 cup chopped spring onions
- 1 cup diced cucumber
- 1 medium avocado, diced
- Toasted pumpkin seeds to garnish



Method:

1. Cook pasta until tender, drain and leave to cool.
2. Mix together mayonnaise and tahini. Set aside.
3. Peel and chop orange into pieces.
4. Add the mayonnaise mixture, orange pieces, capsicum, carrot, spring onions and cucumber to pasta.
5. Just before serving, cube the avocado and fold through carefully.
6. Serve garnished with toasted pumpkin seeds.

Mini Muesli Muffins

Makes 36 mini muffins

Ingredients:

- 1½ cups Raw Natural Muesli (NOT toasted or baked)
- 1 cup wholemeal self - raising flour
- 1 cup firmly packed grated carrot
- 1 large green apple, grated
- ½ cup sultanas
- ½ cup pecan nuts
- 2 eggs, lightly beaten
- 1/3 cup canola oil, or light olive oil
- 1 cup low fat milk, or So Good soy or almond milk



Method:

1. Place muesli, sifted flour, carrot, apple, sultanas and pecans into a large bowl.
2. Combine eggs, oil and milk. Add liquid ingredients to dry ingredients and mix gently until just combined.
3. Spoon mixture into lightly greased 3 x 12 hole mini muffin tins.
4. Bake in moderate oven, 190°C, for 25 minutes.

Note: These muffins can be frozen, or baked in regular sized muffin tins, which will give you 12 muffins.