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.

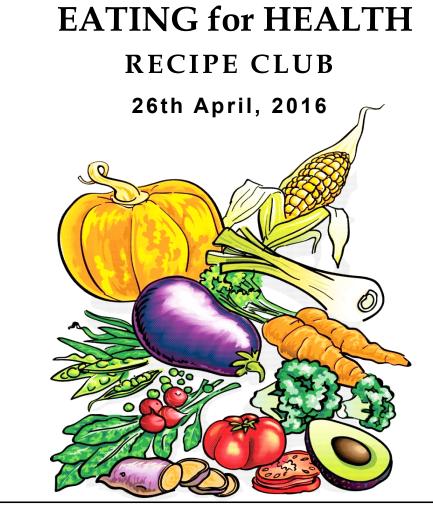


# The Family Who Eats Together Stays Together

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



#### 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:

- 1<sup>1</sup>/<sub>2</sub> cups wholemeal pasta shapes
- 4 tbsp low fat mayonnaise
- 2 tsp tahini (sesame paste)
- 1 orange
- $\frac{1}{2}$  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:

- 1<sup>1</sup>/<sub>2</sub> 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
- <sup>1</sup>/<sub>2</sub> cup sultanas
- $\frac{1}{2}$  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.

