

Our next meeting will be held on Tuesday 23rd August 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.

Contact Lynette on 0409 215 436 for more information and bookings



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 July, 2016



COOKING WITH KAREN

- **RED DHAL & CURRY SAUSAGE**
- **FOUR INGREDIENT ICE-CREAM**

A Community Service of the Seventh Day Adventist Church

Red Dhal and Curry Sausage

Serves 4-6 people

1 Tablespoon of oil

1 onion: chopped

1 garlic clove: crushed

2 tablespoons of curry powder or paste

300 grams soy sausages/vegetarian

3 cups stock (chicken vegetarian Massal brand stock powder)

1 cup of well rinsed red lentils



METHOD:

1. In a good sized pot, heat oil and sauté onion and garlic until soft.
2. Add the curry powder and stir well for 1 minute.
3. Pour in the chicken flavoured stock and add the rinsed red lentils.
4. Cut the sausages into slices (1cm) thick and add to the pot.
5. Bring to the boil and then bring it down to a simmer and stir regularly for about 20 minutes until the lentils are soft.

Serve with rice or mashed potato with additional vegetables as a main.

Four Ingredient Ice-Cream

Serves 1-2 people

2 medium bananas cut into 1 inch slices- frozen

$\frac{1}{2}$ cup frozen berries (strawberries, blueberries, blackberries or raspberries)

2 tablespoons of almond milk

$\frac{1}{2}$ teaspoon of vanilla essence/ extract.



METHOD:

1. Freeze banana slices on a plate or tray for at least 2 hours.
2. Place frozen berries and banana into a food processor and blend until it has a consistency of soft serve.
3. Add almond milk and vanilla and blend until smooth.
4. Transfer into a freezer container and freeze until solid

HINT: Always have some frozen banana slices and frozen berries in the freezer ready to go for your ice cream fix. Once the banana slices are frozen, I take them off the tray or plate and pop them into a freezer bag all ready to use.

