

The Family Who Eats Together Stays Together

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

*Our next meeting will be held on **Wednesday March 27th** 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 Serah via email for more information and bookings at bookings at seraharob02@gmail.com.

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://seventhdayresourcecentre.org/sdrc/recipe-club/starters.htm>

Live Smart, Live Well RECIPE CLUB

27th February, 2019



COOKING WITH SERAH

- PEANUT BUTTER BARS
- LENTIL SPAGHETTI SAUCE

Peanut Butter Bars

Ingredients:

Blend:

- 1c. Raw almonds
- 1c Raw peanuts
- 1/2c. Sunflower seeds
- 1/2c. Raw hazelnuts
- 1/2c. Dried fruits
- 1t. Orange rind grated

Mix in a bowl:

- 1/2c. Peanut butter
- 1/2c. Coconut oil melted
- 4T maple syrup
- 1t vanilla



Topping:

- 6T coconut oil melted
- 1/2 carob powder
- 1T maple syrup

1. Place the almonds, peanuts, sunflower seeds, hazelnuts, dried fruit, and orange rind in a blender or food processor and pulse until you have reached the desired consistency.
2. Place the peanut butter, coconut oil, maple syrup and vanilla in a small bowl and stir until well combined.
3. Pour the wet ingredients into the blender and pulse until its totally combined.
4. Line a baking dish with baking paper.
5. Scrape the mixture into the prepared tray and put into the freezer for 30min or until firm
6. To make the carob topping, combine the coconut oil, carob powder and maple syrup into a bowl and stir until combined
7. Immediately pour the carob topping over the base and spread with a spatula.
8. Place it back into the freezer until its hardened.

Lentil Spaghetti Sauce

(Serves 6)

Ingredients:

- 1c brown lentils - dry
- 2c. Water
- 2 Bay Leaves
- 1 onion diced
- 1t. Italian herbs
- 2t. Oregano
- 2 stalks celery
- 2 carrots diced
- 4 clove garlic crushed
- 2c water for sauce
- 1 green capsicum
- 1 zucchini diced
- 1 400g can diced tomato
- 4T tomato paste
- 1 T honey
- 2t. Salt



Method:

1. Soak lentils overnight in about 3 cups of water.
2. Rinse and cook with the bay leaves and water for 30min or until soft. And remove the bay leaves.
3. In another pot, sauté onions, garlic, Italian herbs, and oregano until onions are clear.
4. Add celery and carrot and sauté another 5 minutes.
5. Add water, capsicum, zucchini, diced tomato, tomato paste and honey.
6. Simmer until the veggies are soft.
7. Mix lentils and salt into the vegetable sauce.
8. Serve with Pasta or Spaghetti or on Rice, Toast or Mashed Potato.