

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 June 26th** 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

28th May, 2019



COOKING WITH PAUL

- WHITE CHRISTMAS
- ALMOND SPLIT COOKIES

White Christmas

- Preparation time: 20-30 minutes
- Cooking time: 15-20 minutes
- Makes: 40 units



Ingredients:

- 1 t vanilla essence
- 1 c coconut
- 2 c puffed rice
- 180g copha
- 1½ c mixed dried fruit
- ½ c honey (preferred) or soft brown sugar
- 5 T soya milk or coconut cream powder

Method:

1. Mix the dry ingredients together in a bowl.
2. Melt the copha, pour into the bowl and mix well.
3. Press into an oiled tray and let it cool down till set.
4. Cut into squares while still warm.
5. Store in the fridge.

Paul's Almond Split Cookies

- Preparation time: 20-30 minutes
- Cooking time: 15-20 minutes
- Makes: 40 units



Ingredients:

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|----------------------|--------------------------------------|
| 3 c coconut | ½ c almonds, crushed |
| 1 c quick oats | ¼ c brown sugar |
| 3 t egg replacer | 1 heaped T baking powder substitute* |
| 1 c unbleached flour | Juice of 2 oranges |
| ½ c tahini | ½ c honey |
| 2 t vanilla | Extra whole almonds, about 20. |
| Extra honey | |

Method:

1. In a large bowl, place all the dry ingredients.
2. Mix.
3. Add the other ingredients.
4. Mix.
5. Form into cookies.
6. Cut the whole almonds in half.
7. Warm some honey in a small bowl.
8. Dip the almonds in the honey and place them in the middle of each cookie.
9. Oil baking tray and dust lightly with flour.
10. Bake at 180°C till golden brown.

Makes about 40 cookies.