

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

26th June, 2019



COOKING WITH CORAL

- CREAMY CAULIFLOWER SOUP
- VEGAN PARMESAN STYLE CHEESE

Creamy Cauliflower Soup

Ingredients:

750 g cauliflower roughly chopped

A handful of chopped parsley

Creamy Base:

750 ml water

1 onion cut into quarters

Salt to taste

$\frac{3}{4}$ c raw cashew nuts



Method:

1. Place all ingredients into the saucepan.
2. Cook until the vegetables are tender .
3. Pour into blender (including cooking water) and blend until smooth and creamy.

From the Rainbow Cookbook p. 68

Vegan Parmesan Style Cheese

Ingredients:

1 c blanched almonds

$\frac{1}{2}$ c nutritional yeast flakes

$\frac{1}{3}$ c raw cashews

1 t. lemon juice fresh

$\frac{1}{2}$ t salt



Method:

1. Place all ingredients in food processor.
2. Pulse until smooth
3. Pour into container.
4. Store in refrigerator or freezer