

## Mango & Lemon Slice

### Ingredients:

#### Base:

1 c almonds  
1 c dates  
1/3 c quick oats  
1/4 c carob chips  
1/4 c carob powder  
4 T coconut oil melted  
1/2 t vanilla

#### Mango and Lemon layer:

2 c mango pieces pureed  
1/3 c freshly squeezed lemon juice  
Zest of a lemon  
2 T water  
3 T corn Flour  
1 400ml can of Ayam full fat coconut milk  
1 t agar agar powder  
1/2 t vanilla

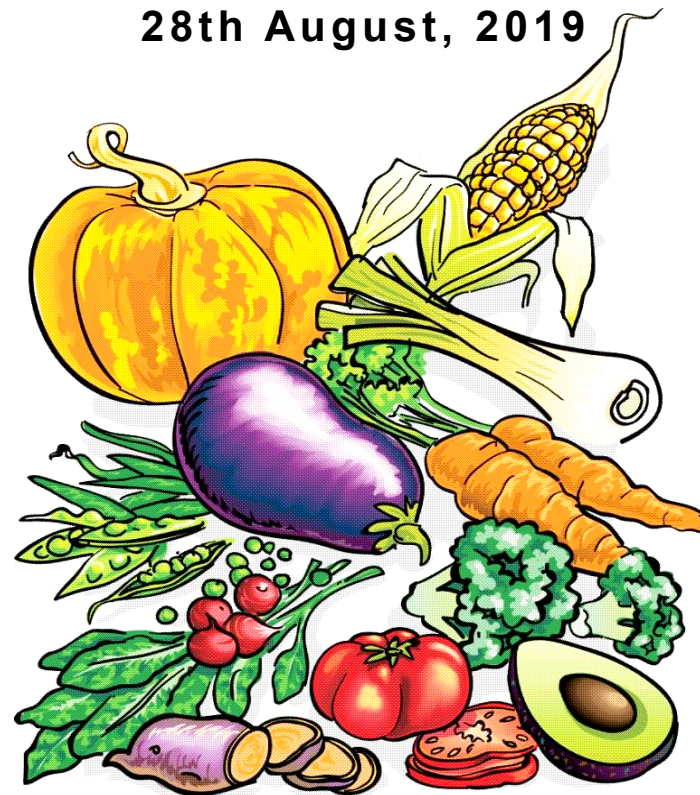
### Method:

1. Prepare a baking pan by lining it with a sheet of baking paper. Leaving a few inches of overhang on the sides to allow for easy removal. Set aside.
2. In a food processor, process base ingredients until almonds grounded well and well combined. Transfer mixture into prepared pan, pressing firmly into the bottom. Place into the freezer to harden while preparing the Mango Lemon Layer.
3. Dissolve the corn starch into the water and set aside.
4. Place the coconut cream and the lemon zest in a saucepan and slowly bring it to a boil. Stirring constantly to prevent it burning. Then add in the agar powder, and whisk it until it is completely dissolved. Keep stirring!!
5. Whisk in the mango puree, lemon juice, dissolved cornflour, vanilla. Let it simmer for 2 minutes while continuing stirring.
6. At this point, taste and add more lemon juice as needed.
7. Pour and spread the mango lemon mixture over the base.
8. Let it cool at room temperature for around 10 minutes before placing it into the fridge to set for at least 4-5 hours.

# Live Smart, Live Well

## RECIPE CLUB

28th August, 2019



## COOKING WITH SERAH

### • LASAGNE

### • MANGO AND LEMON SLICE

## Lasagne

*(Adapted by Serah Roberts from Cedarvale Health and Lifestyle Retreat)*

### **Tomato Sauce:**

2 onions finely chopped	½ large red capsicum finely chopped
3 tins diced tomatoes	2 T tomato paste
4 garlic cloves	3 t dried basil
1 ½ t dried oregano	1 t salt

1. Cook onion until clear, add garlic, and capsicum and cook until capsicum is tender.
2. Add tomato paste, herbs and tinned tomatoes.
3. Bring to a boil, and simmer for around 20 minutes.
4. Use with lasagne. Makes enough sauce for a 9" x 13" dish.

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### **Melty Cheese Sauce:**

#### **Blend the following ingredients until smooth:**

1 c water	½ c wholemeal flour
1 t. Salt	1 t onion powder
2 T yeast flakes	¼ c tahini
2 T lemon juice	
½ red capsicum chopped (or 2 T tomato paste)	

1. Bring to a boil 2½ c of water in a pot.
2. Whisk blended ingredients into the pot of boiling water.
3. Stir constantly until thickened.

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*Our next meeting will be held on **Wednesday September 25th 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  
seraharob02@gmail.com.*

## **Seasoned Tofu.**

### **Combine in a bowl and mix:**

450g block of tofu crumbled	1 t salt
½ t garlic powder	½ t onion powder
1 t dried parsley	1 t chicken stock powder

### **Blanch 1 big bunch of finely chopped silverbeet and drain.**

Layer the lasagne as follows in a 9" x 13" ( 23cm x 33cm) baking dish.

- Put ⅓ of the tomato sauce at the bottom of the dish
- Instant lasagne sheets
- ⅓ of the seasoned tofu
- ½ of the blanched silverbeet
- ⅓ of the melty cheese sauce
- Instant lasagne sheets
- ⅓ of the tomato sauce
- ⅓ of the seasoned tofu
- ½ of the blanched silverbeet
- ⅓ of the melty cheese sauce
- Instant lasagne sheets
- ⅓ of the tomato sauce

1. Bake at 190 degrees for 30 minutes
2. Sprinkle the rest of the seasoned tofu on top
3. Drizzle the last of the melty cheese ( you might need to add a dash of water to thin it a bit)
4. Put sliced black olives on top if you like
5. Bake for about 15-20 minutes until the cheese has set.