

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 October 30th at 6 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

25th September, 2019



COOKING WITH SERAH

- **SCRAMBLED TOFU**
- **RASPBERRY CHIA PUDDING**

Scrambled Tofu

Ingredients:

450g tofu (Aldi brand preferred) crumbled
1 onion finely chopped
1/2 t turmeric
2 t garlic chopped
2 tomatoes diced
3 spring onions chopped
2 t chicken stock powder
Salt to taste



Method:

1. Add a small amount of oil to a fry pan and sauté onion until soft.
2. Add turmeric, garlic and basil and sauté 2 minutes more to toast slightly.
3. Add tomato and cook until slightly softened.
4. Add the tofu and spring onions.
5. Mix well and heat through.
6. Finally add the stock powder and salt to taste.
7. Serve on rice, toast as a breakfast, or as a sandwich filling.

Raspberry Chia Pudding

Ingredients:

1/2 c dates chopped
1 400 ml can coconut cream
1 1/2 c frozen raspberries
1/4 c chia seeds
2 t vanilla essence

Method:

1. Blend the dates, coconut cream and vanilla in a blender until very smooth.
2. Add raspberries and pulse to combine.
3. Pour into a container and mix in the chia seeds.
4. Put into the fridge overnight until its thickened

