

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 November 27th 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

30th October, 2019



COOKING WITH SERAH

- ASSORTED SANDWICHES
- TOASTED MUESLI

A Community Service of the Seventh Day Adventist Church

Eggless Salad Sandwich

Ingredients:

Half a block of tofu (225g) crumbled	1/2 c cashew mayo
1/4 c diced red pepper	1/4 c diced celery
1/4 c sliced black olives	2 t chicken stock powder

Method:

1. Mix all of the ingredients together.
2. Cover, and chill for a few hours.
3. Then make the sandwiches or rolls and serve.

Vegan Curried Egg Sandwich

Ingredients:

Half a block of tofu (225g) crumbled	1/2 c cashew mayo from below
2 1/2 t curry powder	Salt to taste
2 T fresh coriander finely chopped	1/2 t – 1 t chicken stock powder
Extra coriander to taste	

Method:

1. Mix all of the ingredients together.
2. Cover, and chill for a few hours.
3. Then make the sandwiches or rolls and serve.

Cashew Mayonnaise

Ingredients:

1/2 c cashews	1/2 lemon, juiced
1 clove garlic	1/2 T onion powder
1 t salt	1 1/4 c water

Method:

1. Blend all the ingredients until smooth.
2. Pour into a saucepan and stir until the mayonnaise thickens.
3. Allow to cool and then use as topping for salads and sandwiches.

Toasted Muesli

Ingredients:

8 c rolled oats	1 c flaked coconut
1/2 c sunflower seeds	1 c chopped nuts - almonds, cashews, walnuts
2 Ripe bananas	1 c dates chopped
1 T vanilla	1 t salt (optional)
1/4 c honey	1/4 c oil

Method:

1. Place the Ripe bananas, chopped dates, vanilla, salt (optional), honey and oil into a blender.
2. Blend until smooth.
3. In a medium large bowl, mix all of the ingredients together including the blended mixture.
4. Mix well.
5. You can use your hands to mix it until it is well incorporated.
6. Spread on two baking trays.
7. Bake at 120 degrees for 1 and a half hours, stirring every 1/2 an hour.
8. Until golden colour.
9. Let it cool completely before putting it away.