

EAT WELL - AND LIVE LONGER

Healthy and Versatile Recipes



Sesame Bean Dip. See page 9.

- ★ Would you like to know how to cook healthy food that can be made as vegetarian, vegan or just free-range?
- ★ Can you imagine having four basic recipes that can be made into rissoles, a loaf, various cakes, sweet or savoury pies or muffins?
- ★ Could your meals be more wholesome and less expensive?
- ★ Would you like a diet that is low in cholesterol, fat and sugar, but high in protein? It could add ten good years to your life.
- ★ Like to forget about weight-loss diets? Then just eat healthily all the time and the body will take care of itself.
- ★ Are you Gluten intolerant? These recipes can work for you, e.g. by using Rice, Rice Flour, Millet flour, Chia Seeds and Quinoa.
- ★ Are you Lactose intolerant? Likewise, with the suggested modifications in these recipes you can avoid dairy products.
- ★ Could you do with some key information about high protein alternatives to avoid the cruelty of factory farming?
- ★ Like to be vegetarian, but don't know what to eat, particularly on special occasions?
- ★ Or do you simply want to enjoy your own cooking? For the best and safest food is mostly what you prepare yourself.
- ★ Please print this booklet so you can refer to it readily. Enjoy.

CREAM CHEESE SPREAD for Cakes or Muffins or Desserts

(Has to be kept in refrigerator)

Optional - First crush $\frac{1}{2}$ cup **Nuts** in a food blender - walnuts, pecans or toasted macadamia pieces etc.

Add to a saucepan on a very low heat one Tub **Lite Cream Cheese** or **Tofutti** (which is a soy-based non-cholesterol alternative).

A low heat will soften cheese.

Add one tablespoon Demerara or Brown **Sugar** or Xylitol.

Add 1 teaspoon of **Vanilla** Essence. Melt the sugar.

Take off stove and add 1 dessertspoon **Malt Powder** if available (makes it stiffer).

2 dessert-spoons of **sugarless Jam**. (Raspberry is great.)



Spread on muffins or cakes. Sprinkle with nuts. Add **Strawberries** or Raspberries on top. Place in refrigerator to set. Serve the amount to be eaten soon, as the spread needs to be kept in the refrigerator.

Alternative method for a Dessert. Melt the Cream Cheese (on low heat) - adding one teaspoon of Vanilla Essence - one tablespoon of Sugar or Xylitol - one teaspoon of Cinnamon - one tablespoon of Lemon Juice. Melt together. Place in small dishes or attractive cups. Place in refrigerator. Serve with fruit on top and extra cinnamon.

VERY QUICK QUICHE



Half a mug of **Whole Meal self-raising Flour**.

(Heavy flour will form a base.)

1 Tablespoon of **Corn-Flour** (for thickening)

1 $\frac{1}{2}$ mugs of **Milk** (or light Soy Milk - cholesterol free).

5 large free-range **Eggs**.

Salt, and **Herbs** and chopped **parsley** and crushed **Garlic**.

Filling of your choice, e.g. very lightly steamed **asparagus** (or tinned) or steamed **spinach** or cooked **leeks**. Or Red sweet **potato** or **pumpkin** (steamed well). Or uncooked **mushrooms**. Or a packet of raw **baby spinach** leaves. Or uncooked **grated carrot** and/or cooked **corn** (or a tin of corn niblets).

Grated **Cheese**, or chopped soft cheese, or pieces of soy cheese.

Heat a moderate oven.

Steam the filling ingredients lightly (but not Mushrooms or Baby Spinach).

Beat 5 eggs in a very large bowl or saucepan.

Add a tablespoon of corn-flour melted in a little water, PLUS 1 $\frac{1}{2}$ mugs milk.

Mix in a mug of wholemeal flour (put through a strainer to aerate).

Add the chopped or grated cheese.

Add the fillings, plus Vegie Salt, Herbs, chopped parsley and crushed Garlic.

Place in a large quiche dish or greased flat oven dish. Sprinkle with paprika.

Bake in a moderate oven for 35 minutes? or until knife comes out clean.

EASY CHRISTMAS OR BIRTHDAY CAKE

(Double for a very large cake.)

Preheat oven. Place two large sliced **Mangoes** and $\frac{1}{2}$ cup of water into a large saucepan (or a large tin of mango & juice). Add 1 teasp. **Vanilla**, two cups of **Mixed Dried fruit** and a small tin of drained **Pineapple pieces**. Heat on low heat till boiled. Take off stove and through a strainer add 2 Mugs of **Wholemeal self-raising Flour** — 1 table-spoon of **Baking Powder** — two large whisked free-range **Eggs** — $\frac{1}{2}$ mug **Almond Meal** — 1 teaspoon of **Cinnamon** — $\frac{1}{2}$ cup **Brown Sugar**. Place in a medium oven dish or put into Cup Cake containers. Sprinkle chopped nuts on top. Bake 180° oven 35 minutes or until a knife comes out clean.

Optional Variations and Additions:

Mango/banana/coconut/pecans Dessert Cake; or **Apple/sultanas/craisins/walnuts Tea Cake;** or **Carrot/Pineapple/Sultana cake.**



In a large saucepan, depending on your chosen combination:

*** add large **MANGO** sliced (or a large tin?) or two smaller mangoes. Or grate 2 large Carrots.

*** OR 3 **APPLES** peeled and sliced; or a small packet of dried Apple Pieces, soaked in hot water overnight.

Add e.g. $\frac{1}{2}$ cup **whole pitted Dates** (check for stones), or **Sultanas**, or **Mixed Fruit**, or **Craisins** (dried cranberries) or a **Banana** - depending upon your combination.

1 teaspoon Allspice or **CINNAMON**, or both.

Add half cup of **Desiccated COCONUT** if required.

2 or 3 tablespoons Demerara or Raw **SUGAR** (with minerals in it).

plus $\frac{1}{4}$ cup of **WATER** and 1 teaspoon **real VANILLA** essence.

Cook for a short time only - take mixture off heat to let cool a little.

Sift into the saucepan 2 Mugs of **SELF-RAISING FLOUR** via a large strainer. Or use half white, half wholemeal. High protein, gluten free Chia Seeds can also be added in the mixture.

If using heavier wholemeal flour, add 1 tablespoon Baking powder (or $\frac{1}{2}$ teaspoon Bi Carb added to the Yoghurt and allowed to rise first).

Add a Medium 500 g Vanilla **YOGHURT**, or two small (soy?) yoghurts. Mixture should be quite **THICK**. (If not, add more flour using a strainer)

Place mix in large flat greased oven dish, or Cup Cake holders. Add **NUTS** on top e.g. slivered Almonds or Macadamia with mixed fruit, or Walnuts for Apple Cake, or Pecans for Mango cake.

Bake in moderate oven 180 degrees, on a low shelf for 35 mins - 45 mins? till knife comes out clean. (See page 1 for Cream Cheese Topping.)

CLARE's FAMOUS HUNZA PIE

Excellent for Parties - inexpensive and goes a long way.
Or, enjoy this large pie for two or three meals.



1 cup uncooked **Rice**. (Brown parboiled rice is nutritious, quick and easy).

Half large bunch of **Spinach**

2 cups grated **Cheese** (e.g. Nimbin cheese or chunks of Soy Cheese).

1 tablespoon Olive **Oil**, Butter (or Margarine that helps with Cholesterol)

Parsley, Garlic, Nutmeg or Allspice, Salt.

4 free-range **Eggs** (or equivalent Egg-like powder)

1 cup **Milk** (or light Soy Milk)

Half a mug of Wholemeal Self-Raising Flour

Sesame seeds or Pine Nuts for on top.

In a large saucepan, cook **1 cup of Rice** with a little **Salt** or Tamari Sauce, plus a crushed clove of **garlic**. (The absorption method: 1 cup rice - 2 cups of water - boil then simmer, with lid on, until all water is absorbed. Leave with lid on for a further ten minutes.)

While rice is cooking, steam or fry **half a large bunch of Silverbeet Spinach** and also grate **2 cups of Cheese**.

In a separate bowl, beat **four free-range Eggs**, **1 cup of Milk** and **half a mug of wholemeal self-raising Flour**. You can add Chia Seeds (high in Omega 3) if you like.

When rice is cooked and still hot add to the saucepan, **1 tablespoon of Olive Butter or Margarine**, plus **half the grated cheese** to melt together. Add half teaspoon of **Nutmeg** or **Allspice** or **Turmeric**, chopped **Parsley** or parsley flakes. Then stir in the cooked Spinach.

Add the egg mixture to the rice and place in a flat large oven dish.

Slice tomatoes for on top and cover with the rest of the grated **Cheese**, plus **Sesame Seeds**, or **Pine Nuts (pressed in)** on top. Sprinkle with Paprika.

Bake in a moderate oven 180 degrees Celsius. Check after 40 minutes to see if a knife comes out clean. Cut into squares when ready to serve.

Can be served hot with vegies in Winter, or with salads in Summer. You can reheat any left-overs in a large steamer for about four minutes. Delicious!

Everyone will love it and ask you for the recipe.

SAVOURY VEG. RISSOLES or LOAF.

Can make Extra Mixture for a LOAF and bake in a Flat Oven Dish



You can make wonderful Patties or Rissoles (or a Loaf) at home - very inexpensively and simply. There are just three things to remember. Something bulky. Something protein. And something to bind it together. For example:

TWO CUPS of something BULKY: You can use left-over well-cooked rice --- or mashed potato, sweet potato, red or purple . -- or cooked Silver Beet/Spinach -- or mashed carrot and parsnip from the night before --- or small pieces of wholemeal bread (crumbed in a blender?) --- or a grated carrot -- or mashed pumpkin - or chopped mushrooms -- or grated zucchini.

ONE CUP of something PROTEIN: e. g Millet Meal (fine) -- or Brown Rice Flour -- or Almond Meal -- or Sunflower Meal --- or L. S. A. (Linseed, Sunflower and Almond meal) -- or Ricotta Cheese - or Grated hard Cheese - or Soy Cheese - or mashed Tofu (best done in a food processor) - or cooked Quinoa. * Many of these contain all eight essential amino acids.

Good combinations. Mashed Carrot + parsnip + Millet or Quinoa; Pumpkin + Ricotta (or Soy Cheese) + 3 tabls. Flour + Pine Nuts on top; Rice or Quinoa + Cooked spinach + 2 tabls. Rice Flour; Grated Carrot + L. S. A. Meal + Bread pieces; Rice + Tofu + brown rice flour + Sesame Seeds on top; Red Sweet Potato + Ricotta (or soy cheese) + 2 tabls. Flour + Italian Herbs; Bread pieces + Almond Meal + Mixed Herbs ; Chopped mushrooms + mashed Tofu + brown rice flour; Grated Carrot or Zucchini + Ricotta + flour + Chutney; Chopped Mushrooms + Bread. (Add soaked Chia seeds to any combination.)

PLUS SOMETHING TO BIND IT: 2 large (or 3) whisked free-range eggs - or equivalent Egg-Like Powder with water.

The mixture has to be **VERY THICK**. If not, add **more flour or bread**. Add **HERBS** and a little Garlic, Vegie Salt and pepper to taste.

Form into patties/rissoles with the hands and Place in fry pan. Or place the **WHOLE** mixture in a **flat** oven dish (otherwise it takes too long to bake).

Sprinkle with Sesame Seeds or press in Pine Nuts, or other seeds (delicious!)

FRY rissoles on both sides until set. Or BAKE mixture in a moderate oven (180 degrees Cent.) until a knife comes out clean - 25 minutes? You can make a lot of Patties for a coming party, or enough Loaf for two dinners and lunches. Keep them in the freezer or refrigerator.

(* Cook Quinoa like Rice - 1 cup RINSED Quinoa to 1 ½ cups of water, salt and oil. Simmer for 15 mins. When water absorbed, take off heat and let stand for 10 mins.)

SAVOURY MUFFINS - or SWEET MUFFINS.

1 Medium Tub 500g of **vanilla Yoghurt** (or similar size soy yoghurts)
1 teaspoon bi-carb. powder

2 Mugs wholemeal, **self-raising Flour** (or Half white or rice Flour).
1 tablespoon of olive **Butter** (or margarine).



SAVOURY: 1 packet baby **Spinach leaves**, OR large **Carrot** grated.

1 small packet grated **Cheese**, or small pieces of any soft cheese or soy cheese. **PLUS - Herbs or Nutmeg, chopped Parsley?** Vegie **Salt** e.g. Herbamare.

Or SWEET: 1 mashed **Banana:** or 1 grated **Carrot:** or cup pitted **Dates:** or a grated **Apple:** or half a cup of mashed **Pumpkin:** or half a cup of mashed **Mango:** or half a cup of Blueberries, Craisins (Cranberries), or Raspberries.
PLUS—Sultanas; teaspoon Vanilla; Cinnamon or Allspice,; 2 tablespoons of Demerara or Brown sugar.



Method

Light oven to 200 c or 400 f to preheat.

In a large bowl, add a tub of Yoghurt and 1 tablespoon of Baking Powder or 1 teasp. of bi-carb. and stir lightly. Allow to rise. (This is for the heavier wholemeal flour.)

In a large saucepan, melt a tablespoon of olive butter or margarine, then take off heat quickly. Place saucepan in sink and sift 2 mugs of wholemeal self-raising flour using a large strainer. (Or use half wholemeal and half white or rice flour which is much lighter.)

Rub butter into flour with fingers in a gentle way, lifting to aerate. Add yoghurt to the flour. Mixture has to be thick. If not add flour.

Add Savoury or Sweet ingredients (as above)

Add dobs of mixture to a greased muffin tray.

Bake 15 mins, or until they lift out easily.

Serve with Cream Cheese Spread recipe (shown before) or use butter and the type of jam to suit the Muffins. For example, Marmalade jam for savoury scones or a Berry Jam for sweet scones.

(St. Dalfour Jam has no extra sugar, just pear juice.)

BAKED CREAM CHEESE BRULÉ

Healthy & Yummy

Great for parties or large groups.

(Or make **half** the mixture and much less fruit, for one or two servings.)

1 small tub of **Lite Cream Cheese** (softened to room temperature). Or you can use a tub of **Tofutti** (soy based cream cheese which is great).

1 cup **Vanilla Yoghurt** (or any real yoghurt)

1/3 cup **Honey**.

1 teaspoon **Vanilla Essence**, 1 teaspoon **Cinnamon**.

Little grated **lemon rind**.

1 punnet **Strawberries** washed and halved,

1 Punnet of washed **Blueberries** or **Raspberries**,

1 tin of **Peaches** or **Mangoes** (or fresh and sliced)

3 large or 4 small **Bananas**, plus 1 **Passionfruit** if on hand.

6 free-range **Eggs**

Demerara, or brown **Sugar** or **Maple Syrup**, for sprinkling on top.



Combine softened **Cream Cheese** and 1 cup yoghurt preferably in food processor (or beat with a whisk or fork). Process slowly until light and fluffy, while adding in top spout, 1/3 cup honey. (Warm the honey in hot water first if necessary). Then slowly add in top spout 6 eggs, plus teasp. vanilla, teasp. cinnamon, little grated lemon rind.

Place strawberries, peaches, bananas, etc. (lots of fruit) into greased flat baking dish; spread cream cheese mixture evenly over fruit. Sprinkle with Demerara sugar (the best) or Maple Syrup.

Bake on Low heat until mixture is set. Yield: 10 servings. Serve hot or cold.

ASPARAGUS SAUCE (use like Tomato sauce)

Drain a **large tin of Asparagus**.

Or chop ends off bunches of fresh Asparagus and steam for 5 minutes.

MASH. Add a little **olive oil** + apple cider or balsamic **vinegar** -- and **salt**.

Sauce keeps in refrigerator for a few days.

Add to pasta, rissoles, a pizza base, breads, etc.

(Asparagus is a natural diuretic and has anti-inflammatory properties.)

SIMPLE SAVOURY or SWEET BREAD PIE

Heat oven.

If using a Savoury Filling: Lightly steam — Corn cut from the sides of the cob, fresh Asparagus, chopped Leeks, Pumpkin, Zucchini, or Spinach, etc.

Butter 6 or 7 pieces of wholemeal, rye or Gluten free Bread.

Place buttered-side down on a large flat oven dish.

Can place crusts around the rim. (It will all meld together.)



Whisk 5 - 6 free-range Eggs, with $\frac{1}{2}$ cup of self-raising Flour, 1 $\frac{1}{2}$ cups of Milk (or light Soy Milk), a dessert-spoon of Corn-Flour melted in little water.

For Sweet Filling: Add 1 teaspoon of Vanilla Essence, 1 teaspoon of Cinnamon or Allspice to the milk and mix. Also add Sultanas or Dates, or Apple pieces, or Mixed dried fruit. Pour mix over bread.

For Savoury Filling: Add the cooked filling, plus herbs and salt and garlic. Pour mix over the bread. Place grated cheese or chopped soy cheese on top.

Bake in a moderate oven for 30 minutes?, or until knife comes out clean.

MARY'S COCONUT & MAPLE SYRUP CAKE

Place $\frac{3}{4}$ cup Maple Syrup or Honey into a large saucepan.

Add 2 Tablespoons of Olive Butter or Margarine.

Add 6 chopped pitted Dates - cut into pieces, or 1 cup Sultanas

Turn on heat and MELT butter while stirring, but do not bring to the boil.

In a separate mug, beat 2 free-range Eggs and add to syrup mixture.

Add $\frac{3}{4}$ cup of COCONUT Milk or Evaporated Milk or Soya Milk

Add $\frac{3}{4}$ cup of Desiccated Fine Coconut

Add 1 tablespoon of Baking Powder (essential)

Mix in 2 cups of Wholemeal Self-Raising Flour

Pour into a greased oven dish and place Pecan halves on top.

Bake in a moderate oven 35 mins?

St. Dalfour Jam - Ginger or Apricot or Orange would suit this cake.

PIZZA

This excellent combination of ingredients is from a Greek restaurant.

The lightly fried pine nuts and Haloumi Cheese are the secret ingredients.

You will Need: bread pizza Bases, Asparagus, Tomato, Spinach, Artichoke or Leeks, Capsicum (red or orange), Mushrooms, Garlic, preferably Haloumi cheese or grated cheese, dried Herbs and Pine nuts. OR, filling of olives, green capsicum or zucchini, pineapple, cheese, mushrooms, grated carrot.



Buy round **PIZZA BASES** (usually on the bottom shelf of the bread section at the supermarket). Or flat round wholemeal bread is great. One base for each person.

Preheat Oven Medium to High.

Spread pizza bases with **Asparagus Sauce or Tomato Sauce**. (Mash steamed or tinned asparagus with a little oil and vinegar added). See Internet sites about health benefits of a Mediterranean diet.

Add slices of **fresh Tomato** (plus **Semi-Dried Tomatoes** if desired).

FILLING OPTIONS: Add half a small packet of Baby **Spinach** or chopped uncooked English Spinach (not Silver beet) enough for three pizza bases.

Add a few **Artichoke Hearts** (from a tin or bottle). Or if not using asparagus sauce as base, add **Asparagus** pieces from a tin, or steamed asparagus for five minutes.

Or use chopped **Leeks** (fried with garlic and pine nuts).

And/or Add thin slices of **uncooked Capsicum** and **Mushrooms**.

Add a **Garlic** clove (or a little bottled garlic) lightly fried with **Pine Nuts**.

Add dried **Herbs** like basil, oregano, marjoram.

Plus **Grated Cheese**. or fried **Haloumi** Cheese strips.

Heat in medium to hot oven for 10 minutes? Does not need a lot of cooking.

Will be eaten fast!

OTHER CHOICES: Olives + Pineapple + thinly sliced Zucchini or Capsicum + sliced uncooked Mushrooms + grated Carrot + Fried Onion, Herbs.

Avoid using processed meats like ham, bacon or sausages, which contain Sodium Nitrate for red colouring and preserving (Code No. 251) - potentially carcinogenic if used very often. (See http://en.wikipedia.org/wiki/Sodium_nitrate) Fresh is best!

Or use a Sanitarium protein product like Not Burgers - cooked and sliced.

Add lightly fried Haloumi Cheese strips, or chopped Soy Cheese pieces, and/or any grated cheese on top.

SESAME BEAN DIP and SALAD

Tin of **Greek Giant Beans** from the deli, or a **Tin of Butter Beans**.

(or 2 tins if more than two people).

Corn Niblets cut from 1 or 2 corn cobs (or Can)

1 or 2? Large **Zucchini** and **grated Carrot**

Half a stalk of **Leeks** or chopped Onion

Clove of crushed **Garlic**

Half a small Packet of grated **Cheese**.

1 dessertspoon of Dip - Spinach and Pine Nut, or Spinach and Fetta, or Cucumber and Yoghurt, or Homos, or **Sour Cream**.

Paprika and **Toasted Sesame Seeds** to sprinkle on top.

TACO SHELLS or any Stone-ground **Corn Chips** (with less fat and salt)

Avocado to serve in a separate bowl.

Salad - lettuce, tomatoes, olive oil, balsamic or apple cider vinegar, salt.



Preheat Oven.

Toast Sesame Seeds in a pan until brown only. Put aside. Cut Corn from the sides of the cob. Grate Carrot, slice Zucchini and chop Leeks. **FRY** these with a crushed clove of garlic, until all are tender.

Meanwhile **MASH** the Beans and add to the mixture and grate cheese for on top.

Add 1 tablespoon of Dip or Sour Cream to the Bean Mix. (This binds it.)

Add a little cheese and some of the Sesame Seeds (for flavour).

Place mixture in smaller oven dishes. (Mixture should be stiff.)

Top with rest of Cheese and a little Paprika and Sesame Seeds. Or if no small oven dishes, place mixture in large oven dish and serve in portions later.

Bake in hot oven for 10 minutes.

While baking, mash Avocado and add a little Dip to make it creamy (and lemon juice)

Place in small bowl with a spoon.

Put lettuce, tomatoes, oil, vinegar and olives into a Salad Bowl.

Serve each person a portion of Bean Dip in a bowl -- plus a small bowl of Corn Chips or Taco Shells, and a plate for the Salad and Avocado.

A winner!

STUFFED EGGPLANT or PUMPKIN

and/or Stuffed Mushrooms and Tomatoes.



One Large (or two small) **Eggplant** (for 4 people) or one **Butternut Pumpkin**
or One large **Mushroom** and one **Tomato** for each person.

2 cups **Couscous** (for Eggplant/Pumpkin) **OR** 1 cup **cooked Rice**(for Pumpkin).
OR crumbled fresh wholemeal **Bread** (best with mushrooms and tomatoes).

Little **Lemon Rind** plus little **Lemon Juice**

Garlic clove crushed, plus **Chopped Parsley**.

Use Italian **Herbs** with Eggplant, or Turmeric and Marjoram with Pumpkin.*

Pine Nuts $\frac{1}{4}$ cup? or Less

A little **Spinach Dip** or **Sour Cream** or Soy Cream Cheese to bind
Grated Tasty Cheese (or crumbed Soy Cheese) for tops. **Paprika**.

If just doing the **Mushrooms and Tomatoes**: Preheat the Oven.
Wash and trim the mushroom stalks. **Halve** tomatoes & cut the centre out.
Crumble (in a blender?) half a slice of bread for each piece. **Fry Pine Nuts lightly, then stalks and centres**, plus crushed **Garlic**, plus crumbed **Bread**.
Add a little **lemon rind and Lemon Juice**. Add cut **Parsley & Italian Herbs**.
Add enough **Dip or Sour Cream** to bind together.
Spoon mixture into each uncooked **Mushroom and Tomato**.
Cover with **grated Cheese**. **Paprika** on top?
Bake in a medium to hot oven for 15 minutes? until mushrooms are juicy.



If doing the **Eggplant or Pumpkin**:

Cut a large **Eggplant** in half lengthways. Sprinkle with salt, allow to sweat.

Or cut **Butternut Pumpkin** in half lengthways and scoop out seeds.

Steam Eggplant (10 mins? until centre soft) or Butternut Pumpkin (35 mins?)

Meanwhile, cover 1 Mug of **Couscous** in a bowl, with boiling water 2 cm over the grain.
Place a plate on top of the bowl, for couscous to absorb water. **Or** crumble four slices of **Bread** in blender? **Or** cook $\frac{1}{2}$ cup **Rice** (makes 1 cup).

Grease large flat oven dishes that can be put onto the table. Preheat oven.

Fry **Pine Nuts** in a pan on a low heat, stirring till brown and keep aside.

Grate enough **Cheese** to cover the tops. When cooked, scoop out centres of Eggplant or Pumpkin. Fry with garlic, parsley, herbs to suit*, Couscous/Rice or Bread. Add lemon rind and juice. Add dip to bind. Place mixture in cases. Add cheese and pine nuts on top. Bake in a moderate oven - 20 minutes? Serve with couscous/ rice.

CAROB (or Cocoa) and MALT SQUARES

(e.g. bars for lunches).



Place in a large saucepan:

- 2 tablespoons of **Brown Sugar** (or 4 dessertspoons)
- 1 Cup **L.S.A. Meal** (high-protein Linseed, Sunflower & Almond), or **Almond Meal**
- 1 tablespoon of Olive **Margarine**
- 1 teaspoon of **Vanilla**
- 1 mug of Boiling **Water**.

Heat all the above in a saucepan on a low heat and stir for a short time. Then take off the heat to cool.

In a separate bowl, add 1 tablespoon of baking powder (or $\frac{1}{2}$ teas. of Bi Carb) to 2 tablespoons of **Yoghurt** (or Soy Yoghurt) and allow to rise until fluffy.

Over the large saucepan, in a large strainer, place 2 Mugs of **S.R. Wholemeal Flour** (or 1 mug wholemeal + 1 mug Rice Flour). Sift flour into mix. (Also add Amaranth granules - optional.)

Add 2 or 3 beaten **Eggs** (depending on size).

Add the fluffy **Yoghurt**.

Add 1 cup of **Sultanas**, or Raisins, or Craisins, or Mixed Fruit.

Add 2 heaped tablespoons of **Carob Powder** (or Cocoa) or 1 tablespoon of both. plus 2 tablespoons of **Malted Milk powder** if on hand.

Add $\frac{1}{2}$ teaspoon of **Allspice**, or **Nutmeg**, or **Cinnamon**.

Stir together well. If the mixture is not quite **THICK**, add more sifted Flour. Place mixture into a flat square or rectangle baking dish. Cover with **Coconut** and **Brown Sugar** and **Slivered Almonds** or Pecans, or Macadamias etc.

Bake in a moderate oven 180 degrees for 35 minutes, or until a knife comes out clean. Cut into squares or bars. (Good for lunches.)

See recipe for Cream cheese and Fruit spread, if being eaten on the same day. You can also use this cake as a dessert with yoghurt.

(If it is not fresh, steam for one minute.)

SIMPLE NO BAKE (and no base) CHEESE CAKES

- sets in the refrigerator.

(Brilliant for hot weather when you don't want the oven on.)

Versatile: You can serve this in small dessert dishes with Yoghurt, or as a sweet dip for a party, with water biscuits, or with pikelets as a light meal, as it is high-protein, or spread a little over wholemeal biscuits for afternoon tea.



Chop 1 cup of **Dates** and place them in a **Large Saucepan** with a little water.

Add 1 teaspoon of **Vanilla**.

Stir for a short time until smooth, then take off heat.

To the saucepan, add one **small Tub of Light Cream Cheese** or **Tofutti** which is soy cream cheese. Both are bland in taste and mix easily.

Add 1 Tablespoon of **Vanilla Yoghurt** (or soy yoghurt) and stir together. It will quickly meld.

Add 1 cup of **Hazelnut Meal** (the best for this recipe) or **L.S.A. Meal**, or **Almond Meal**.

Add and stir in $\frac{1}{2}$ cup of **Desiccated COCONUT** plus 1 teaspoon of **Cinnamon** or **Allspice**.

Add 1 dessert-spoon of **Carob Powder**, or **Cocoa**, or grated chocolate. (You can buy sugar-free chocolate at chemists.)

Add $\frac{1}{2}$ cup of **Sultanas**, or **Craisins**, or **Goji Berries**.

Stir in $\frac{1}{2}$ cup of **Honey?** or 1-2 dessertspoons of **Brown Sugar?** (depending on whether you use chocolate which is sweet already.)

Place mixture into a small serving dish, or a bowl. Sprinkle with coconut.

Chill in refrigerator for least on hour or overnight.

Can be used as a sweet dip, a dessert, with biscuits, or pikelets as light meal.

ALMOND LOAF with MUSHROOM GRAVY

With Roast Vegetables and Peas, for a special dinner.

(Very Easy to make. Start with vegetables first.)



Place on tray on a higher shelf in the oven, **6 smaller Potatoes** pricked with a fork, or with a skewer though the middle. (If potatoes are large, cut in half.) Then **Pumpkin** chopped into pieces. (Cut harder Butternut pumpkin into smaller cubes.)

Drizzle vegetables with oil, herbs and salt.

Bake 180°.

While baking, place in a Food Processor **6 slices of Wholemeal (or gluten free) Bread** torn into smaller pieces. Process until crumbly, or crumble by hand.

Add to the bread in the processor or in a large bowl, **1 cup of Amaranth granules** (as is) — or **½ cup of Couscous** (that has been covered with boiling water and soaked for 5 minutes). These grains are light.

Add **2 Tablespoons** (or 4 dessertspoons) of **Rice Flour** — or white s/r flour — or wholemeal self-raising flour with 1 dessertspoon of Baking Powder (or with ½ teaspoon Bi-Carb in a little Yoghurt) to lighten the heavier flour.

Add **1 cup of Almond Meal**.

Plus ½ teaspoon of **Mixed Herbs** or Marjoram.

4 free-range **Eggs** (or equivalent Egg-like powder).

½ cup of **Water**.

¼ cup of **Olive Oil**.

1 piece of crushed **Garlic** (or ½ teaspoon from a bottle).

A little chopped **Parsley** (or Parsley Flakes)

Salt, e.g. Herba Mare.

PROCESS or whisk until smooth and fluffy.

Place mixture in a greased loaf tin or oven dish. Sprinkle well with **Sesame Seeds** and grated **Cheese**. Bake on a lower shelf of the oven for 30 minutes? until firm.

When loaf and vegetables are nearly ready, slice **6 Mushrooms** and fry. Boil frozen **Peas**. Lastly, add a little Gravy Powder with water to thicken. Serve mushroom gravy in a jug, with the hot loaf, plus peas and vegetables.



(You can quickly re-heat any left-over Loaf in a steamer for a few minutes.)

ORANGE AND POPPY SEED CAKE

Two Oranges peeled and cut into small pieces

(check oranges are sweet)

$\frac{1}{2}$ cup Brown **Sugar** or Xylitol

2 cups of **Almond Meal**

Optional - 1 cup Amaranth granules (to make fluffier)

$\frac{1}{2}$ cup of Wholemeal Self Raising Flour

1 desert-spoon of Baking Powder (to make rise)

2 desert-spoons of Poppy Seeds

4 - 6 beaten Eggs depending on size of eggs

1 teaspoon of Vanilla Essence

2 desert-spoons of Cornflour (the natural yellow Cornflour or fine meal is much nicer).



Mix the above together in a large bowl.

Place in a medium sized baking dish.

Add nuts on top, e.g. walnut halves, slivered almonds or macadamia pieces.

Bake in a moderately hot oven for 30 minutes? or until a knife comes out clean.

Cream Cheese Icing:

Add to food processor or bowl, one softened and chopped Tub of **Lite Cream Cheese or Tofutti** (an excellent soy-based alternative).

One tablespoon Demerara or Brown **Sugar** or Xylitol.

Optional, 1 dessertspoon **Malt Powder** (makes it stiffer).

2 dessert-spoons of **real fruit Jam** like St. Dalfour

(Marmalade or Ginger jam would be suitable in this case.)

Sprinkle with Poppy Seeds.

Set icing in the refrigerator.

Place cake and Icing back in the refrigerator after serving.

TOASTED COUSCOUS

with ROASTED VEGIES, or RISsoles, or as a Salad with HALOUMI cheese.

Ingredients:

Vegetables to roast e.g. peeled and thinly diced Carrot, Sweet Potatoes, Parsnips, Pumpkin etc.

or **Haloumi Cheese** to serve with cold Couscous with Salad leaves,

or **Rissoles** (See Rissoles recipe on Page 4, or use Sanitarian Not Burgers, Fry's Chicken-style patties or **Quorn Dippers**, from the freezer stands at supermarkets - all delicious.)



1 cup **Couscous** (preferably wholemeal).

1 $\frac{1}{2}$ cups boiling water plus a **Stock Cube** if desired, plus Salt.

Fresh **Ginger** and Turmeric grated (if available) or else in powder form.

1 desert-spoon of olive or vegetable **Oil** for frying ginger

$\frac{1}{2}$ cup of chopped flat **parsley** and a little **mint** (fresh or dried)

Sultanas 1/4 cup

Pine Nuts or Walnut halves.

Directions: Place DICED vegetables in oven dish with Oil and Honey or Maple syrup.

Bake for 30 minutes or more? At 200 degrees Celsius.

Or make Rissoles to fry.

While they are cooking, grate the Ginger and Turmeric (or powder).

Heat the oil in a saucepan very briefly, add grated ginger and turmeric and stir few minutes.

Add 1 cup of Couscous and salt and stir constantly.

Toast for only a few minutes until it is golden brown.

Add the Sultanas.

Pour in 1 $\frac{1}{2}$ cups of boiling water.

Crumble a stock cube? into water and cover saucepan with a lid.

Turn off the stove and allow it to absorb the water for 10 minutes.

Chop flat parsley to make $\frac{1}{2}$ cup and add with Mint to Couscous.

Fry Pine Nuts or Walnuts (+ Haloumi Cheese?) for a few minutes till golden.

Stir Couscous with a fork to make fluffy.

Serve in a large dish with toasted Pine Nuts, Rissoles of your choice, or Roasted Vegetables. Can also be served cold or hot with fried strips of Haloumi Cheese.

HIGH PROTEIN ALMOND AND BERRY TART

Easy Yummy Crust: (that can be used for any sweet crust)

- 1 cup Shredded **Coconut**
- 1 cup of wholemeal self-raising **Flour**
- $\frac{1}{4}$ cup of brown **Sugar** (granulated best)
- 1 free-range **Egg** (or Egg-like powder)
- 1 tablespoon of Margarine or (non cholesterol) Soy Butter.
- 1 teaspoon Allspice, Cinnamon or Nutmeg.



Filling:

- 1 teaspoon of Vanilla Extract
- 1 cup of sugar-free **Yoghurt** like Jalna's (to lighten the heavy flour).
- 2 teaspoons of Baking Powder
- $\frac{1}{4}$ cup brown **Sugar** or Xylitol or Stevia (half the calories)
- 3 **Eggs** (or equivalent Egg-like powder)
- 2 tablespoons of **Cornflour**
- 1 cup **Almond Meal**
- 1 tub of **Cream Cheese** or (non cholesterol) **Tofutti**
- 1 cup of wholemeal self-raising **Flour**
- 1 punnet of Raspberries or Blueberries or Chopped Cherries (or a thawed Mixed Berry pack).
- If unavailable, use $\frac{1}{2}$ cup of sugar-free Berry jam like St. Dalfour's.
- 1 teaspoon Cinnamon.

Method:

Preheat oven to 350 degrees. Grease a quiche/oven dish.

For the **Crust**: Melt the butter/margarine in a large saucepan and take off heat. Add a cup of coconut and flour, $\frac{1}{4}$ cup sugar, beaten egg, spice and mix well. Press mixture into the base of the oven dish.

Filling: In a bowl, mix a cup Yoghurt and 2 teaspoons of baking powder and leave aside.

In the large saucepan (on a low heat) add the Cream Cheese or Tofutti and teaspoon of Vanilla. Mix until smooth and take off heat. Stir in $\frac{1}{4}$ cup Sugar, three beaten Eggs, plus two tablespoons of Cornflour (mixed with a little water). Add cup of Almond Meal, one cup of Flour (through a strainer to lighten). Add in the Yoghurt mixture and stir. Lastly add the Berries or Cherries and stir only briefly.

Place this over the crust and sprinkle with Cinnamon and a little granulated sugar.

Bake 30 minutes? Check to see if cooked, when knife comes out clean.

Can be eaten with Yoghurt when hot, or kept in the refrigerator for days.

APPLE, DATE AND COCONUT MOIST CAKE

(This is one of the best cakes ever!)

Ingredients

2 Apples peeled and diced (or medium-sized tin of non-sweetened apples)
 1 cup of chopped dates
 1 teaspoon baking soda or baking powder
 3/4 cup boiling water
 125g butter or margarine
 ½ cup brown sugar or preferably Coconut Sugar or Stevia etc.
 2 eggs
 1 teaspoon vanilla essence
 1 ½ cups wholemeal self-raising flour (or half white)

Topping

50g butter or margarine
 ½ cup brown sugar
 2 Tablespoon milk
 1 cup shredded coconut

Method

Combine the diced apples, chopped dates, baking soda and boiling water and allow to cool.

Preheat oven to 180°C.

Line a deep cake tin or oven dish with butter then baking/luncheon paper.

Separately in a large bowl or mixer, beat/cream butter and sugar until light and fluffy and then add vanilla and egg and beat well.

Slowly add and mix the flour sifted with a sieve, alternating with the apple mixture.

Pour into tin and bake for 45-60 minutes, until knife comes out clean.

Melt the butter with the sugar, milk and coconut over low heat then spoon it over cooked cake. Return to oven for 5-10 minutes until topping is golden brown and coconut toasted. Leave in tin for 10 minutes before turning onto a rack or board.

