

New Start Recipes

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Sample recipes:

Potato Soup

4 medium potatoes, steamed and mashed
 onion, parsley, celery and zucchini
 1 teaspoon unrefined salt
 1 teaspoon onion or garlic powder
 1 cup water

1 cup rice milk, or 1 cup water

1. Blend onion, parsley, celery, zucchini and onion powder in blender with 1 cup water.
2. Put the blended mixture in a saucepan and bring to boil. Simmer 5 minutes, stirring occasionally.
3. Add mashed potato and milk. Heat for another few minutes while stirring.
4. Serve with extra chopped parsley.

Tabouleh (Middle East)

¼ cup burghul (cracked wheat)
2 tomatoes finely chopped
1 spring onion finely chopped
½ cup Italian (flat leafed) parsley finely chopped
¼ cup fresh coriander finely chopped
½ cup chopped cucumber
¼ teaspoon sweet paprika
¼ teaspoon unrefined salt
1 dessertspoon lemon juice
1 dessertspoon olive oil

1. Soak burghul in a bowl of boiling water (from the kettle) for 10 minutes.
2. Drain and spread on to absorbent paper.
3. Combine all ingredients in a bowl and mix gently.

Cooked brown rice can be used instead of burghul.

Tabouleh makes a good filling for wraps (pita bread pockets).

Banana Ice cream

1 cup rice milk
1 banana
1 teaspoon of honey

Blend together in blender and pour into disposable cups. Place a pop-stick in each cup. Freeze.

Sesame Crunch

1 cup rolled oats
½ cup sesame seeds
½ cup coconut
1 teaspoon olive oil
1 large tablespoon honey

1. Mix all ingredients together.
2. Place in a shallow baking dish and press down.
3. Bake in a moderate oven for 10 minutes. Serve into cups when cool and eat with spoon.

Observe how the honey changes when exposed to heat. Experiment with heating a teaspoon of honey in a patty-pan in the oven. What happens to it? Why do you think the sesame crunch has turned 'crunchy'?

Porridge Loaf

1 cup plain flour
1 teaspoon baking powder
1½ cups oats
3 tablespoons honey
½ teaspoon each of ginger and mixed spice
2 tablespoons cold-pressed olive oil
1 cup rice milk or low-fat milk

1. Mix all ingredients together. The consistency should be moist and sticky. Add extra milk if needed.
2. Line bottom of a loaf tin with baking paper.
3. Bake at 180 degrees C for about 40 minutes.