

### **Nut, date and coconut balls**

Some people say these are better than chocolate! You be the judge. They are definitely a more nutritious snack and will give you much more stamina rather than a sugar crash.

1 cup of raw cashews or other nuts  
2 cups of organic dates  
½ cup of shredded coconut  
30 ml of water  
½ tsp cardamon powder  
Extra desiccated coconut

Combine nuts, dates, water and cardamon powder in a food processor and process until fine consistency. Add the coconut and mix until blended.

Roll mixture into small balls and roll in desiccated coconut. Place in a sealed container with paper towel to absorb any extra moisture. Try substituting some of the nuts for pumpkin seeds or other nuts.

Can be stored in fridge for 2 weeks.

### **Hummus dip with Vegetable Sticks**

This is a simple recipe but supplies an excellent source of multiple nutrients. It tastes even better the next day and can be kept for up to 5 days. It only takes 5 minutes to make and doesn't have the additives or preservatives which the supermarket hummus has.

2 cups cooked organic chickpeas  
2 cloves of garlic, crushed

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Juice of 1 large lemon  
2 tbsps tahini (sesame seed paste)  
½ tsp black pepper  
1/8 cup of extra virgin cold pressed olive oil  
1 tsp ground cumin  
½ tsp sea salt

Combine cooked chickpeas, garlic, lemon juice, tahini, cumin, pepper and salt in food processor. Alternatively a hand-held electric mixer can be used. Blend slowly and add olive oil gradually until desired consistency is achieved.

Store hummus mix in air tight container in fridge.

Serve with 1 cup chopped vegetables. Try carrot sticks, celery sticks, cauliflower florets, snow peas, broccoli florets, green beans, capsicum strips.

### **Red Kidney bean Koftas**

These balls are good for snacks, side dish or quick dinner if frozen. Just pull them out of freezer and heat up.

500 g cooked kidney beans minced  
½ cup onion finely chopped  
1 clove garlic minced  
1 tsp dried coriander  
1 tsp dried ground cumin

¼ tsp ground cinnamon  
 ½ tsp green chilli finely chopped  
 1 tsp tomato paste  
 1 Tbs fresh mint chopped  
 1Tbs fresh coriander – chopped

Combine all ingredients and mix well using your hands. Form into small golf ball-sized balls, using a teaspoon as a rough measure. Heat a small amount of oil in a frying pan and cook until light browned all over. Place balls on kitchen paper to drain excess oil once cooked.

Can be served hot or cold.  
 Can be frozen and reheated in the oven when needed.

Serve with plain yoghurt, garlic, cucumber, tomato and other salads of your choice.

### Trail Mix

This is a high energy snack perfect for a bit of a treat or a convenient in between pick-me-up. It will keep fresh in the fridge for up to 1 month. Carry some in your bag on outings.

¾ cup raw cashews  
 1 cup of raw walnuts  
 1 cup of sulphur-free/ organic raisins or saltanas  
 ¾ cup sulphur-free/organic chopped apricots  
 ¾ cup shredded coconut  
 ½ cup chopped dark organic chocolate

Mix all the ingredients in a large bowl. Store in an air-tight container and refrigerate.

### Tofu Cakes with sweet chilli

High in phytoestrogens and low in fat! Perfect for anytime.

#### Tofu cakes

300 g fresh firm tofu  
 1 cup of cooked basmati rice  
 3 tsp red curry paste  
 2 spring onions – finely chopped  
 1 egg, lightly beaten

#### Sweet chilli sauce

¼ cup white vinegar  
 ½ cup caster sugar  
 ½ tsp salt  
 ¾ cup water  
 ½ red onion – finely chopped  
 ½ small carrot – finely chopped  
 ½ Lebanese cucumber – finely chopped  
 2 Tsp coriander – finely chopped

#### Tofu cakes

1/3 cup sweet chilli sauce

1. Press tofu between two chopping boards with a weight on top. Let stand for 20 minutes to allow drainage of excess water.
2. Preheat oven to 200°C and line an oven tray with baking paper
3. Mix all ingredients in a bowl.

4. Make round balls with hands and then flatten into flat cakes.
5. Bake in oven for 10 minutes until heated through and slightly brown.

Sauce

Mix all ingredients in a bowl and serve with cakes.

These cakes can be frozen and thawed for an easy lunch, dinner or snack!

**Red bean Burgers**

Super nutritious and tasty bean cakes. Put them in a sandwich, burger or eat them by themselves.

- 1 cup of cooked Red kidney beans
- 1 cup sunflower seeds
- ½ cup carrots – peeled, grated
- ½ cup onion – finely chopped
- ½ cup green capsicum – finely chopped
- 1 Tbs fresh parsley – finely chopped
- 1 Tbs fresh basil – finely chopped
- Salt and pepper to taste
- 4 eggs
- 2 Tbs olive oil

1. Grind the sunflower seeds until they resemble the consistency of almond flour

2. Mix all ingredients in a bowl, except for oil
3. Shape ingredients into burger patties the size of a burger bun or bread slice
4. Put oil in frying pan and cooked patties until golden brown, only turning once to avoid breakage
5. Serve with dipping sauce, hommus, between two pieces of bread, with salad OR just as a snack.

Can be frozen for later use. Can be eaten cold or hot.

**Quinoa and roast beetroot salad**

Yum, yum, yummy! High in protein and perfect for a wholesome lunch meal. You will be hungry for more after you try it once!

- 2 cups of cooked quinoa – red, white or mixed
- ½ tsp ground turmeric
- 1 tsp raw garlic
- 1 tsp grated raw ginger
- 1 Tbs fresh coriander – minced
- Salt and pepper to taste
- 3 beetroots, roasted whole with skin
- ¼ cup of red capsicum, diced
- ½ cup raw cashews
- Splash of olive oil
- ¼ cup grated raw carrot
- 1/8 cup of sunflower seeds

Gently rub beetroot skin to peel. Cut whole beetroot into 6 pieces. Add all ingredients into a bowl and mix together.

Try different vegetables and different combinations of salad dressing.

### Mexican Bean Topping

Tasty, nutritious mix with can be used as a handy topping for bread, patties, rice crackers or just eaten on its own.

- 1 can of kidney beans
- 1 Tbs olive oil
- ½ cup of onion finely chopped
- 1 tsp red chilli – minced
- 2 cloves of garlic – minced
- 1 tsp dried cumin
- 1 tsp dried oregano
- ¼ tsp ground cloves
- ½ cup tomato puree
- Salt and pepper to taste

Heat the oil in a fry pan and sauté onions, add spices and cook for a further 1 minute. Add the kidney beans and tomato puree. Simmer until the sauce starts to thicken and add salt and pepper to taste.

Grated cheese can be added to taste.

Serve on top of rice cakes, steamed brown rice or noodles hot or cold.

Can be frozen and reheated anytime.

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### Vegan Chocolate Mousse Recipe

- 450g soft (silken) tofu
- 1/2 cup cocoa powder
- 1/4 cup carob powder
- 6 tbsp sugar
- 1/2 cup soy milk



Place all the ingredients in a blender or food processor and puree until creamy. Pour the mousse into serving glasses or individual dessert bowls and chill.

### Banana bread snack

- 2 cups all-purpose flour
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 cup unsweetened applesauce
- 4 Tbsp honey



- 2 eggs or egg substitute
- 1 cup mashed banana
- 2 tablespoons milk or soy milk

### Directions

Lightly grease loaf or bread tin.

Add all the ingredients together and mix.

Bake in a 175C oven for 45 to 50 minutes or until brown on top.

Bake until toothpick inserted in centre comes out clean.

Store at room temperature up to 3 days or in refrigerator up to 1 week.

Can be sliced and frozen for instant snack

- 1/3 cup almond oil
- 1 ½ tsp vanilla extract
- ½ tsp ground cinnamon
- ½ tsp ginger powder
- ¼ tsp ground nutmeg
- 2/3 cup raisins, dates or sultanas

Preheat oven to 180°C. Lightly grease a baking tray with olive or nut oil. Mix the dry ingredients together in a large bowl. In a food processor combine banana, honey, oil, soya milk, egg white and vanilla. Pour into the dry ingredients and stir to mix well. Stir in the raisins, dates or sultanas. Spread in the prepared baking pan and brush over with egg yolk. Bake for 25 minutes until cooked through. Cool in the pan before cutting into 12 bars.

Can be frozen.

### Quinoa Muesli Bars

These bars are gluten and dairy free. They freeze well for an anytime snack. Full flavour and protein for an on-the-go nutritious snack.

- ½ cup quinoa (pronounced "keen-wa") flakes
- ¾ cup amaranth flour (from health food store)
- ¾ buckwheat flour
- ½ cup nuts (almond, walnut, brazil, hazelnut) chopped
- ¼ sunflower seeds and/or pumpkin seeds
- ¼ sesame seeds
- 1 tsp baking soda
- ½ tsp sea salt
- 4 ripe bananas
- 2/3 cup soya milk
- 1 egg, separated

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## Lamb Koftas

These balls are good for snacks, side dish or quick dinner if frozen. Just pull them out of freezer and heat up.

500 g lamb minced  
½ cup onion finely chopped  
1 clove garlic minced  
1 tsp dried coriander  
1 tsp dried ground cumin  
¼ tsp ground cinnamon  
½ tsp green chilli finely chopped  
1 tsp tomato paste  
1 Tbs fresh mint chopped  
1Tbs fresh coriander – chopped



Combine all ingredients and mix well using your hands. Form into small golf ball-sized balls, using a teaspoon as a rough measure. Heat a small amount of oil in a frying pan and cook until browned all over.

Place balls on kitchen paper to drain excess oil once cooked.

Can be served hot or cold.

Can be frozen and reheated in the oven when needed.

Serve with plain yoghurt, garlic, cucumber, tomato and other salads of your choice.