



Granola Clusters

Ingredients:

- 1 cup almonds or sunflower seeds (or mixture of both)
- 2 cups rolled oats
- 1 cup desiccated coconut
- 1 cup Iranian pitted dates
- 4 green apples, peeled and quartered

Method:

1. Place almonds or sunflower seeds (or mixture of both), rolled oats, coconut, dates and apples into food processor or Thermomix and process until well combined (Thermomix **speed 9** for **30 seconds** using spatula to assist).
2. Spread mixture out onto baking trays lined with baking paper and bake in oven on a low temperature setting until crisp. Stir occasionally with a fork to break mixture up into bite sized clusters. Take care not to burn.

Alternatively crumble mixture onto dehydrator trays lined with baking paper and dehydrate at 41°C until dry. Stir occasionally with a fork to break mixture up into bite sized clusters. The mixture will not burn in the dehydrator.

Scrambled Tofu

Ingredients:

2 Tablespoons of water
1 teaspoon tumeric powder
1 large onion, peeled and finely diced (or cut into quarters for Thermomix method)
1 clove garlic, peeled and minced
2 medium to large sized tomatoes, finely chopped or cut into quarters for Thermomix
1 teaspoon garlic powder
1 teaspoon onion powder
Celtic Salt to taste
500 grams firm tofu
Green spring onions, sliced finely

Method:

1. Place water, tumeric powder, diced onions and crushed garlic into frying pan and cook until onion has softened (Thermomix: water, tumeric, onion, and garlic clove into Thermomix bowl and **chop** for **6 seconds** on **speed 5** and then **sauté** for **2 minutes** at **100°C** on **speed 1**).
 2. Add diced tomatoes, stock cubes and salt into the frying pan with the cooked onion and continue to cook until softened. (Thermomix: add tomatoes, stock cubes and salt into the Thermomix bowl and **chop** on **speed 5** for **10 seconds** and then cook for **5 minutes** at **100°C** on **speed 1**).
 3. Crumble tofu, add to cooked mixture and warm through in pan (Thermomix: add tofu that has been roughly cut into chunks and **chop** on **speed 5** for **5 seconds** using spatula to assist. Then **heat** for **5 minutes** at **100°** on **speed 2**).
- Serve with toast, dusted with finely sliced green spring onions.

Edible Salad Bowls

Ingredients:

Wholemeal flat bread (round)
Lettuce leaves. 2 lettuce leaves per serving
Baby Spinach, ½ cup per serving
Tomato, cut into wedges, ½ tomato per serving
Cucumber, sliced, 6 slices per serving
Black pitted olives, ¼ cup per serving
1 red capsicum (or bell pepper)
1 green capsicum (or bell pepper)
1 yellow capsicum (or bell pepper)
Avocado, chopped or sliced
Hommos or any dip or combination of dips of choice
Green Spring onion, sliced finely

To make the edible bowls:

1. Place a piece of flatbread into a dry frying pan or onto a sandwich press and heat until soft and pliable.
2. Place the softened flat bread into a tortilla shell pan, press and mould to the shape of the tortilla shell pan and then place into a slow oven or dehydrator and bake/dehydrate until crisp and dry. If using an oven to dry out the shells watch carefully to avoid burning.
3. When dry, remove flatbread from the tortilla shell pan and cool on a wire rack.
4. When cool, store in an airtight container until needed.

To make into salad bowls:

1. Place lettuce leaves and baby spinach into base of each edible bowl.
2. Arrange tomato, cucumber, olives, red capsicum, green capsicum and avocado on the lettuce leaves in the edible bowl and top with Hommos (or any dip/dressing of your choice).
3. Sprinkle finely sliced green spring onions over top.

NOTE:

- If the metal 'Tortilla Shell Pans' are not available locally they can be purchased from amazon.com

Hommus

Ingredients:

2 cups cooked chick peas

2 cloves garlic

4 tablespoons tahini

Juice of 1 lemon or more to taste

Water as necessary

Salt to taste

Method:

1. Place all ingredients into blender/food processor and blend until smooth (Thermomix speed 9 for 30 seconds using spatula to assist).
2. Adjust consistency with added water/lemon juice to taste.

For pink hommus add a piece of raw beetroot and blend in blender or Thermomix until smooth.