



Creamy Roasted Pumpkin Soup

Ingredients:

750g roasted pumpkin, chopped (skin can be left on if not charred)
1 onion, peeled and cut into quarters
2 tomatoes
100g raw cashew nuts
750ml or 3 cups water
Celtic Salt to taste
1 teaspoon dried Italian herbs (optional)

Method:

1. Place roasted pumpkin, onion tomatoes, raw cashew nuts, water, celtic salt and Italian Herbs into saucepan and cook about 10 minutes or until the onion is tender.
(Thermomix: place all ingredients into Thermomix bowl and **cook** for **20 minutes** at **100°C** on **speed 2.**)

When cooked pour mixture, including cooking water, from saucepan into blender and blend until smooth and creamy. (Thermomix: leave the mixture in the Thermomix bowl and **pulverise** for **60 seconds** on **speed 9.**)

Nutty Ginger Chews

Ingredients:

- 1 cup macadamia nuts
- 2 cups pitted Iranian dates
- 2cm piece fresh root ginger (or more to taste)

Method:

1. Place macadamia nuts, pitted dates and fresh ginger into a food processor or Thermomix bowl and process until the mixture becomes sticky and holds together when pressed between fingers.
2. Roll into balls or press into chocolate moulds. Can be tossed in coconut or crushed nuts if desired.

Chill in freezer. Delicious eaten while still frozen.

Golden Sauce with Steamed Vegetables

For the sauce you will need:

- 2 medium potatoes
- 1 small carrot
- 100 g raw cashew nuts
- 2 cups water
- 20 ml fresh lemon juice
- 1 tsp Celtic salt

For vegetables for steaming you will need:

- 1 head of broccoli, cut into pieces
- ½ head of cauliflower, cut into pieces
- 2 carrots, cut into rings or diagonal slices

Method:

1. Using a steamer saucepan or Thermomix: place potato, carrot, raw cashew nuts and water into saucepan or simmering basket within the Thermomix bowl.
2. Place vegetables for steaming into the steamer above the saucepan or into the Varoma above the Thermomix bowl and cook for 20 minutes (Thermomix: **Varoma Temperature for 20 minutes on speed 3**).
3. After 20 minutes check that the vegetables for the sauce in the saucepan or Thermomix simmering basket are tender. Remove the steamer from the saucepan or the Varoma from the Thermomix. Transfer all sauce ingredients including cooking water into blender, add lemon juice and salt and blend until smooth and creamy (Thermomix: tip sauce ingredients from the simmering basket into the cooking water within the Thermomix bowl, secure lid and **pulverize for 60 seconds on speed 9**).
4. Place steamed vegetables onto serving plates and pour sauce over the vegetables.

Serving Suggestions

Use as a cheese sauce substitute over rissoles and steamed vegetables or as a hot dipping sauce with raw vegetable pieces.

Fruit Stack with Mango Strawberry Sorbet

For the Mango Strawberry Sorbet you will need:

700 grams frozen mango pulp

100g fresh unfrozen strawberries

To make the Mango Sorbet:

1. Place frozen mango pulp and strawberries into food processor or Thermomix bowl and process until smooth and creamy (Thermomix **speed 9** for **60 seconds** using spatula to assist).

To assemble the Fruit Stack:

1. On individual serving plates place 1 slice of pineapple to form the base of the fruit stack.
2. Next place a layer of sliced kiwi fruit on top of the pineapple
3. Then place a layer of sliced banana on the kiwi fruit
4. Follow this with a layer of diced mango
5. Add a large spoonful of Mango Strawberry Sorbet on top of each fruit stack
6. Push sliced strawberries into the sorbet
7. Sprinkle blueberries over the top.

NOTE: Any fruit of your choice can be used. Use fruits that are in season and available locally.