

## **Madagascar Bean Tomato Dip**

1 cup soaked and cooked madagascar beans\* (can substitute with red kidney beans if required)  
1 small onion - diced  
2 cloves garlic - crushed  
 $\frac{1}{2}$  cup semi-dried tomatoes - drained and chopped  
3 tablespoons tomato paste  
3 cm piece (or to taste) fresh minced ginger  
1-2 red chillies (or to taste) - chopped finely  
1 teaspoon cumin seeds  
 $\frac{1}{2}$  teaspoon Celtic sea salt or to taste

Combine all ingredients in food processor, (leave mix a little bit chunky). Dip can be frozen.

\* soak 1 cup dried Madagascar beans overnight, drain and rinse. Cook on stove-top in saucepan or pressure cooker until required softness. Cool and add to recipe. Cooked beans can be frozen in individual serves for later use.

This dip is also great on gourmet-style Turkish bread sandwiches or in salad wraps; as a healthy taco or nachos filling; or cold in a salad

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## **Cashew Cheeze**

2 cups cashews \*- soaked 4 hours  
1 teaspoon probiotic powder  
1 cup water

Blend soaked cashews, probiotic powder and water until a very smooth consistency. Place in a nut mylk bag or muslin lined colander and leave to drain for 24 hours. It can be useful to put a not-too-heavy weight on top of the mix to help with draining the liquid.

Put the drained mixture back into the processor, add 2 tablespoons lemon juice and 1 teaspoon salt; blend again until well mixed. Mix can be left to ripen in fridge for a further 24 hours, or can be used immediately.

\*macadamia nuts can be used, but texture will not be as smooth as that achieved with cashews.

Various herbs and spices can be added to this basic mix to give a different taste sensation each time, i.e. add lime juice and zest plus chilli powder. For a more 'cheese-like' colour, add the juice from half a yellow capsicum.

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## **Vegetable Pikelets**

Grate 2 potatoes, 1 large zucchini, 2 carrots and 1 large onion into a large bowl. Sift 2 cups chickpea flour (besan flour) into bowl then gradually add sufficient water to make a smooth batter. Add more chickpea flour and/or water until the batter is the consistency of thick cream.

Add a packet of Shan brand 'Aloo Bhaji' mix plus one heaped teaspoon curry powder to the vegetable batter. Mix together thoroughly and leave to sit for fifteen minutes.

Lightly oil heated frypan then drop spoonfuls of batter to required size (I find a  $\frac{1}{4}$  cup measure makes a good size pikelet), cook two minutes one side then turn and cook other side. Serve hot or cold.

### **Tips:**

These pikelets are delicious served cold with mango chutney and sour cream, cashew cheese or coconut yoghurt.

Any spice mix of choice can be substituted for the 'Aloo Bhaji' spice mix and curry powder.

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## **Stuffed Potatoes**

- 4 large potatoes
- 2 cobs corn - kernels removed
- 2 shallots - finely sliced
- 1 small red capsicum - finely sliced
- 1 small yellow capsicum - finely sliced
- 1 cup peas
- 1 cup brazil nuts

1 tablespoon flaxseed oil per potato  
1 clove garlic per potato  
 $\frac{1}{2}$  teaspoon celtic sea salt  
 $\frac{1}{2}$  cup parsley - chopped  
Caraway seeds

Wash potatoes and pierce skin with a skewer all over - dry roast in oven for 1 hour until they are tender.

Place nuts, garlic, flaxseed oil and salt into food processor and process until nuts are smooth - add a little water if the mix is too thick to process.

Cut potatoes in half - scoop out some of the potato, being careful not to cut through the skin. Combine the potato with the blended nuts and vegetables - spoon back into the potatoes, piling up high. Place potatoes under the griller until slightly brown (this step is optional).

Top with parsley and caraway seeds, drizzle with a little extra virgin olive oil to serve.

## **Coriander Lime Pesto with Zucchini Pasta**

2 1/2 cups fresh basil leaves, tightly packed, plus more for garnish  
3/4 cup extra-virgin olive oil, preferably cold pressed  
1/2 cup fresh coriander leaves  
1/2 cup pine nuts, plus more for garnish  
3 tablespoons fresh lime juice  
1 tablespoon minced garlic  
2 teaspoons tamari  
1/2 teaspoon sea salt  
1/2 teaspoon ground black pepper  
Pinch cayenne pepper  
1 large zucchini  
Hemp seeds\*, reserved basil leaves and black olives for garnish

Peel the zucchini then process into pasta using a spiraliser machine or peel the zucchini lengthways with a veg peeler then cut the zucchini peel into pasta like strips. Toss in olive oil then place in a colander to drain and soften.

Place the basil, olive oil, coriander, pine nuts, lime juice, garlic, tamari, salt, pepper and cayenne in a food processor. Process until semi-smooth, a bit of

texture is good. Combine the zucchini noodles and pesto sauce with your hands and mix vigorously. Top with a sprinkle of hemp seeds, the reserved black olives, basil and pine nuts to serve.

\*can also use dehydrated buckwheat in place of hemp seeds. To dehydrate buckwheat, soak buckwheat overnight, drain and rinse, then spread out on dehydrator trays and dry for 5 hours until crunchy.

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## **Raw Frozen Mango and Banana Pie**

### **Pie Base:**

1 cup almonds\*  
 $\frac{1}{2}$  cup hazelnuts  
 $\frac{1}{2}$  cup sunflower seeds  
2 tablespoons organic, raw nut butter  
1 teaspoon ground cinnamon  
1-2 tablespoons water

Process all ingredients in food processor, adding water bit at a time until mix resembles a stiff paste. Press into baking paper-lined pie dish. Place in freezer while preparing filling.

\* Can use any nuts of choice for base

### **Filling:**

Approx 250g frozen mango  
Approx 100g frozen banana  
 $\frac{1}{2}$  to 1 cup water.

Process frozen fruit together in a food processor, adding water slowly until fruit takes on a creamy texture - like soft serve ice cream. Pile fruit into prepared base and place in freezer until frozen.

Take pie out of freezer  $\frac{1}{2}$  hour before required to soften slightly - do not allow to thaw out completely. Drizzle with almond cream to serve - optional.

### **Almond Cream:**

$\frac{1}{2}$  cup almond meal  
1 teaspoon pure vanilla extract  
1 teaspoon maple syrup  
water

Combine all ingredients in blender, adding water to make required consistency - more water for pouring type cream; less water to dollop on top.

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## **Raw Chocolate Mousse Cake**

### **Cake Crust:**

2 cups raw almonds or maccadamias

2 cups dates

1 teaspoon cinnamon

3 tablespoons coconut oil

Pinch celtic salt

Place all ingredients in a food processor and blend until the mix looks like breadcrumbs - then press firmly into a lamington tray or a spring-form cake pan.

### **Chocolate Mousse:**

3-4 medium avocados - flesh removed

4 tablespoons raw cacao powder

$\frac{1}{2}$  cup agave syrup - can also use honey (mousse will be a lot sweeter)

$\frac{1}{2}$  cup coconut oil

$\frac{1}{2}$  cup water

pinch celtic sea salt

Place all ingredients into a food processor and blend until smooth. Pour onto cake crust and place in fridge to set for at least 4 hours.

Cake can be served with Almond Cream.