

Vegetarian/Vegan Recipes

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WHAT SHOULD WE EAT?

Grains, fruits, nuts and vegetables constitute the diet chosen for us by our Creator. These foods prepared in as simple and natural manner as possible, free from spice and grease of all kinds, are the most healthful and nourishing. They impart a strength, a power of endurance, and a vigour of intellect, that are not afforded by a more complex and stimulating diet.

Those who eat flesh are but eating grains and vegetables at second hand; for the animal received from these things the nutrition that produces growth. The life that was in the grains and vegetables passes into the eater. We receive it by eating the flesh of the animal. How much better to get it direct, by eating the food that God provided for our use!

Many a mother sets a table that is a snare to her family. Flesh meats, butter, cheese, rich pastry, spiced foods, and condiments are freely partaken of by both old and young. These things do their work in deranging the stomach, exciting the nerves and enfeebling the intellect.

The blood-making organs cannot convert such things into good blood. The grease cooked in the food renders it difficult of digestion. The effect of cheese is deleterious.

There should not be a great variety at any one meal, for this encourages overeating, and causes indigestion.

It is not well to eat fruit and vegetables at the same meal. If the digestion is feeble, the use of both will often cause distress, and inability to put forth mental effort. It is better to have the fruit at one meal, and the vegetables at another. The meals should be varied. The same dishes, prepared in the same way, should not appear on the table meal after meal and day after day. The meals are eaten with greater relish, and the system is better nourished, when the food is varied.

Far too much sugar is ordinarily used in food. Cakes, sweet puddings, pastries, jellies, jams, are active causes of indigestion. Especially harmful are the custards and puddings in which milk, eggs, and sugar are the chief ingredients. The free use of milk and sugar taken together should be avoided. A plain, simple pie may serve as dessert and this desert should be placed on the table and served with the rest of the food; for often after the stomach has been given all it should have, the dessert is brought on, and is just that much too much.

Regularity in eating is very important for health of body and serenity of mind. Never should a morsel of food pass the lips between meals. If anything is needed to quench thirst, pure water, drunk some little time before or after the meal, is all that nature requires. Hot drinks are debilitating; and besides, those who indulge in their use become slaves to the habit. Never take tea, coffee, beer, wine, or any spirituous liquor. Water is the best liquid possible to cleanse the tissues.

(The above was taken from Counsels on Diet and Foods by E. G. White pages 310, 92, 313, 368-9, 112, 333, 334 and 420. Also Christian Temperance and Bible Hygiene by E. G. White page 50 and Healthful Living by E. G. White page 164.)

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THE LAWS OF HEALTH

Natural Remedies:- Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, and trust in divine power - these are the true remedies. Every person should have a knowledge of nature's remedial agencies and how to apply them. It is essential both to understand the principles involved in the treatment of the sick and to have a practical training that will enable one rightly to use this knowledge. (1)

There are many ways of practising the healing art, but there is only one way that Heaven approves. God's remedies are the simple agencies of nature that will not tax or debilitate the system through their powerful properties. Pure air and water, cleanliness, a proper diet, purity of life, and a firm trust in God are remedies for the want of which thousands are dying; yet these remedies are going out of date because their skilful use requires work that the people do not appreciate. Fresh air, exercise, pure water, and clean, sweet premises are within the reach of all with but little expense, but drugs are expensive, both in the outlay of means and in the effect produced upon the system. (2)

The Eight Laws of Health:-

1. **Pure Air**
2. **Sunlight**
3. **Temperance**
4. **Rest**
5. **Diet**
6. **Water**
7. **Exercise**
8. **Trust in Divine Power**

1. Pure Air

Your lungs, deprived of air, will be like a hungry person deprived of food. Indeed, we can live longer without food than without air, which is the food that God has provided for the lungs. Therefore do not regard it as an enemy, but as a precious blessing from God. (3)

Many have been taught from childhood that night air is positively injurious to health and therefore must be excluded from their rooms. To their own injury they close the windows and doors of their sleeping apartments to protect themselves from the night air which they say is so dangerous to health. In this they are deceived. In the cool of the evening it may be necessary to guard from chilliness by extra clothing, but they should give their lungs air. (4)

Many labour under the mistaken idea that if they have taken cold, they must carefully exclude the outside air and increase the temperature of their room until it is excessively hot. The system may be deranged, the pores closed by waste matter, and the internal organs suffering more or less inflammation, because the blood has been chilled back from the surface and thrown upon them. At this time, of all others, the lungs should not be deprived of pure, fresh air. If pure air is ever necessary, it is when any part of the system, as the lungs or stomach, is diseased. Judicious exercise would induce the blood to the surface, and thus relieve the internal organs. Brisk, yet not violent exercise in the open air, with cheerfulness of spirits, will promote the circulation, giving a healthful glow to the skin, and sending the blood, vitalised by the pure air, to the extremities. The diseased stomach will find relief by exercise. Physicians frequently advise invalids to visit foreign countries, to go to the springs, or to ride upon the ocean, in order to regain health; when, in nine cases out of ten, if they would eat temperately and engage in healthful exercise with a cheerful spirit, they would regain health and save time and money. Exercise, and a free and abundant use of the air and sunlight, - blessings which Heaven has freely bestowed upon all, - would give life and strength to the emaciated invalid. (5)

2. Sunlight

Invalids too often deprive themselves of sunlight. This is one of nature's most healing agents. It is a very simple, therefore not a fashionable remedy, to enjoy the rays of God's sunlight and beautify our homes with its presence. Fashion takes the greatest care to

exclude the light of the sun from parlours and sleeping rooms by dropping curtains and closing shutters, as though its rays were ruinous to life and health. It is not God who has brought upon us the many woes to which mortals are heirs. Our own folly has led us to deprive ourselves of things that are precious, of blessings which God has provided and which, if properly used, are of inestimable value for the recovery of health. If you would have your homes sweet and inviting, make them bright with air and sunshine. Remove your heavy curtains, open the windows, throw back the blinds, and enjoy the rich sunlight, even if it be at the expense of the colours of your carpets. The precious sunlight may fade your carpets, but it will give a healthful colour to the cheeks of your children. If you have God's presence and possess earnest, loving hearts, a humble home made bright with air and sunlight, and cheerful with the welcome of unselfish hospitality, will be to your family, and to the weary traveller, a heaven below. (6)

3. Temperance

"Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God."
1 Corinthians 10:31

Those who eat and work intemperately and irrationally, talk and act irrationally. An intemperate man cannot be a patient man. It is not necessary to drink alcoholic liquors in order to be intemperate. The sin of intemperate eating, eating too frequently, too much, and of rich, unwholesome food, destroys the healthy action of the digestive organs, affects the brain, and perverts the judgment, preventing rational, calm, healthy thinking and acting. . . Therefore in order for the people of God to be in an acceptable state with Him, where they can glorify Him in their bodies and spirits which are His, they must with interest and zeal deny the gratification of their appetites, and exercise temperance in all things. (7)

4. Rest

Proper periods of sleep and rest and an abundance of physical exercise are essential to health of body and mind. To rob nature of her

hours for rest and recuperation by allowing one man to do the work of four, or of three, or even of two, will result in irreparable loss. (8)
Sleep, nature's sweet restorer, invigorates the weary body, and prepares it for the next day's duties. (9)

Give the weary brain a rest. Unreasonable hours are destructive to the physical, the mental, and the moral powers. If the brain were given proper periods of rest, the thoughts would be clear and sharp, and business would be expedited. (10)

5. Diet

The Lord intends to bring his people back to live upon simple fruits, vegetables, and grains. . . . God provided fruit in its natural state for our first parents. (11) People cannot all eat the same things. Some articles of food that are wholesome and palatable to one person may be hurtful to another. So it is impossible to make an unvarying rule by which to regulate every one's dietetic habits. (12)

In the study of hygiene, students should be taught the nutrient value of different foods. The effect of a concentrated and stimulating diet, also of foods deficient in the elements of nutrition, should be made plain. Tea and coffee, fine-flour bread, pickles, coarse vegetables, candies, condiments, and pastries fail of supplying proper nutriment. Many a student has broken down as the result of using such foods. Many a puny child, incapable of vigorous effort of mind or body, is the victim of an impoverished diet. Grains, fruits, nuts, and vegetables, in proper combination, contain all the elements of nutrition; and when properly prepared, they constitute the diet that best promotes both physical and mental strength. (13)

There is need to consider not only the properties of the food but its adaptation to the eater. Often food that can be eaten freely by persons engaged in physical labour must be avoided by those whose work is chiefly mental. Attention should be given also to the proper combination of foods. By brain workers and others of sedentary pursuits, but few kinds should be taken at a meal. (14)

6. Water

Pure water to drink and fresh air to breathe invigorate the vital organs, purify the blood, and help nature in her task of overcoming the bad conditions of the system. (15)

In health and in sickness, pure water is one of heaven's choicest blessings. Its proper use promotes health. It is the beverage which God provided to quench the thirst of animals and man. Drunk freely, it helps to supply the necessities of the system and assists nature to resist disease. The external application of water is one of the easiest and most satisfactory ways of regulating the circulation of the blood. A cold or cool bath is an excellent tonic. Warm baths open the pores and thus aid in the elimination of impurities. Both warm and neutral bath soothe the nerves and equalise the circulation. (16)

Food should not be washed down; no drink is needed with meals. Eat slowly, and allow the saliva to mingle with the food. The more liquid there is taken into the stomach with the meals, the more difficult it is for the food to digest; for the liquid must be first absorbed. . . . Hot drinks are debilitating; and besides, those who indulge in their use become slaves to the habit. . . . Do not eat largely of salt; give up bottled pickles; keep fiery spiced food out of your stomach; eat fruit with your meals, and the irritation which calls for so much drink will cease to exist. But if anything is needed to quench thirst, pure water, drunk some little time before or after a meal, is all that nature requires. . . . Water is the best liquid possible to cleanse the tissues. (17)

7. Exercise

Those who do not use their limbs every day will realise a weakness when they do attempt to exercise. The veins and muscles are not in a condition to perform their work and keep all the living machinery in healthful action, each organ in the system doing its part. The limbs will strengthen with use. Moderate exercise every day will impart strength to the muscles, which without exercise become flabby and enfeebled. By active exercise in the open air every day, the liver, kidneys, and lungs also

will be strengthened to perform their work. Bring to your aid the power of the will, which will resist cold and will give energy to the nervous system. In a short time you will so realise the benefit of exercise and pure air that you would not live without these blessings. (18)

8. Trust in Divine Power

We can serve God better in the vigour of health than in the palsy of disease; therefore we should cooperate with God in the care of our bodies. Love for God is essential for life and health. Faith in God is essential for health. In order to have perfect health, our hearts must be filled with love and hope and joy in the Lord. (19)

References:-

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 2. Testimonies to the Church no. 5 by E. G. White, page 443.
 3. Testimonies to the Church no. 2 by E. G. White, page 533.
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 16. Ministry of Healing by E. G. White, page 237.
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HERBS AND SPICES

For centuries people have made bland foods more flavourful by adding spices the dried parts of various plants cultivated for their aromatic or pungent properties. Although the terms spices, spice seeds, and herbs are often used interchangeably, the differences between them are clearly defined.

Spices are the fragrant or pungent parts of plants grown in tropical and subtropical regions. These parts may include rhizomes (underground stems), bulbs, barks, flower buds, stigmas, fruits, seeds, and leaves. Spice seeds are the tiny aromatic fruits and oily seeds of herbaceous plants, including anise, caraway, cumin, fennel, and sesame.

Common Spices:

Allspice (Pimento)
Aniseed
Caraway seed
Cardamom
Cayenne
Cinnamon
Cloves
Coriander
Cumin
Curry
Ginger
Horseradish
Mace
Mixed Spice
Mustard
Nutmeg
Paprika
Pepper
Poppy seeds
Saffron
Turmeric

Herbs are the fragrant leaves of plants grown in temperate regions and include marjoram, mint, rosemary, and thyme.

In ancient times, spices were used in medicine and to preserve foods. Today, though they may still serve these purposes, they are used primarily as adjuncts in cooking to impart flavour, aroma, or piquancy to foods. In the small quantities used to prepare culinary dishes,

spices have little or no nutritive value, and should not be used in food preparation because they stimulate the appetite, taste buds, and gastric juices.

Common Herbs:

Basil
Bay leaves
Chervil
Chives
Dill
Fennel
Fenugreek
Garlic
Marjoram
Mint
Oregano
Parsley
Rosemary
Sage
Savory
Tarragon

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BREAD

- When making bread wholemeal flour is the best.
- A mixture of wheat, oatmeal, and rye also makes a nutritious bread.
- Baking Soda, Bicarb Soda, self-raising flour and the like should not be used as they cause inflammation of the stomach.
- Milk should not be used in place of water as it will ferment in the stomach.
- Loaves of bread should be small and thoroughly baked to destroy the yeast germs.
- Bread two or three days old is more healthful than fresh bread. This rule does not apply to bread made without yeast.

(The above are quotes taken from Counsels on Diet and Foods by Ellen G. White.)

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Unleavened Bread 1

2 cups Wholemeal flour
1/2 cup water, approx.
pinch of salt

Mix the flour and salt, adding enough water to make a pliable dough. Roll out till approx. 2 mm thick and place on tray. Bake in a moderate oven, on one side for 5-10 min. Turn over and cook another 5 min. If bread has dried out too much in the oven place a damp towel over it while still hot and it will absorb the moisture. Cut while still hot or it may be too brittle when cold.

Unleavened Bread 2

2 cups Wholemeal flour
1/4 cup water, approx.
1/4 cup oil
pinch of salt

Mix up as per above recipe.
This is also nice if you leave out some of the water and oil and add 2 Tbsp. honey and 1 Tbsp. Carob (optional). Mix as above and cut with biscuit cutter. Leave plain or place 1/2 an almond, 1/2 cherry or the like, on top. Bake in a moderate oven for 10 min.

No Knead Wholemeal Bread

4 cups wholemeal flour
1 Tbsp. linseed
1 Tbsp. sunflower seed
1 Tbsp. sesame seed
1 Tbsp. lecithin granules
1 tsp salt
1 sachet yeast
600 ml warm water
1 Tbsp. oil
1 Tbsp. honey or malt (Malt gives the bread a nice brown look)

Mix warm water, oil and honey/malt and yeast. Leave until it goes frothy on top. Mix other ingredients and make a well in the middle. Add yeast mixture and mix well. This should be a fairly stiff dough, but still sticky. Let rise for 1/2 hour. Bake at 400 degrees for 15 min., then 350 degrees for 1 hour.

Leave bread for at least 24 hours before trying it eat it or it will be sticky. If bread raises well but sinks in the middle, the mixture was too

wet. If the bread crumbles when you cut it, the mixture was too dry.

VARIATIONS:

Herb Bread:- Add 2 tsp parsley, 1 tsp marjoram, 1 tsp coriander, 1/2 tsp basil, and 1/2 tsp mint. (Measurements for dried herbs, if using fresh herbs double the amounts.) Vary the amount of each herb according to your own taste.

Seed Bread:- Add 1 Tbsp. sunflower seed, 1 Tbsp. sesame seed, 2 Tbsp. poppy seed, 2 Tbsp. pumpkin seed (green inside part).

Fruit cake/bread:- Add 500g of the desired dried fruit e.g. dried fruit, fruit medley, dates, apricots, sultanas etc., and an extra 250 ml warm water. 1/2 cups of nuts may also be added to this.

Lighter Bread:- Reduce wholemeal flour to 1 2/3 cups. Add 1 2/3 cups plain white flour, and 2/3 cup soya flour.

Multigrain Bread:- Soak desired whole grains overnight. Add 1/2 cup soaked grain to recipe.

Wholemeal Bread

4 cups wholemeal flour
1 Tbsp. linseed
1 Tbsp. sunflower seed
1 Tbsp. sesame seed
1 Tbsp. lecithin granules
1 tsp salt
1 sachet yeast
450 ml warm water
1 Tbsp. oil
1 Tbsp. honey or malt (Malt gives the bread a nice brown look)

Mix warm water, oil and honey/malt and yeast. Leave until it goes frothy on top. Mix the rest of the ingredients and make a well in the middle. Add yeast mixture and mix well, add a little water if all the flour does not mix up into dough. Let stand in a warm place till doubled in size, approx. 1/2 hour to 1 hour.

Tip out onto a floured surface and knead for 10 minutes. Place in a greased bread tin and let rise again till doubled in size, approx. 1/2 hour to 1 hour again.

Place in a hot oven for 15 minutes, then turn the heat down to moderate and bake for 1 hour.

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BREAKFAST DISHES

Oat & Peach Pudding

2 cups rolled oats or rolled barley
1/2 cup raisins
1/2 cup chopped nuts
1 tsp salt
850 gm tin sliced peaches or two fruits
1/4 cup coconut
1 Tbsp. vanilla

4 cups water or milk or milk substitute
Mix all ingredients well. Place in a Pyrex dish and bake in a moderate oven for 1 hour. This is nice as a desert or for breakfast.

Wheat Porridge

1 cup wheat
3 cups water
2 apples, skinned and diced
10 dates, chopped

At night, place ingredients in saucepan and bring to the boil, and simmer 10 mins. Leave this sit till morning. Reheat and serve. You probably will not want any honey or sugar with this as the fruit makes it quite sweet.

Extra Fibre Porridge

1 cup rolled oats (quick oats is better)
1 Tbsp. semolina
3 cups water
1 tsp linseed
1/4 cup dried fruit - fruit medley, currants, sultanas, dates or raisins
pinch of salt

Place all ingredients in a large sauce pan and cook till thick. You probably will not want any honey or sugar with this as the fruit makes it quite sweet.

Baked Rolled Oats

1 cup rolled oats
8 dates, chopped
2 Tbsp. sunflower seeds
1/2 cup coconut
2 cups hot water
1/2 cup sultanas

Mix dry ingredients, pour hot water over and allow to stand for 10 minutes. Stir and pour into casserole dish. Bake for 1 hour in a moderate oven. Serve hot or cold with fruits in season for breakfast.

Breakfast Slice

1 cup rolled oats
1 cup wholemeal flour
3 Tbsp. olive oil
pinch of salt
1 cup desiccated coconut
3 Tbsp. honey
4 Tbsp. boiling water

Mix dry ingredients in a bowl. Melt honey in hot water and add oil. Emulsify liquids. Pour into dry ingredients and mix well. Press into oiled baking dish and mark into squares. Cook in moderate oven for 30 minutes or until golden brown. Cool in dish and eat fresh as it goes limp if kept long.

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BUTTER AND SPREADS

Soya Butter

2 heaped Tbsp. soya flour
1 cup water
pinch salt
1 cup oil

Mix soya flour with water. Place in a saucepan on a medium heat and cook until it boils, then cool. Add pinch of salt. Put in blender (it is still very runny at this stage) and add oil slowly until it thickens. Will keep for approx. 2 weeks in the refrigerator.

Soya Cheese

3 Lt Soya milk
35 ml lemon juice
pinch salt

Add lemon juice to Soya milk and leave it in a warm place until it turns sour and thickens. Strain off the whey, put the curds in a saucepan and cover with cold water. Bring to the boil, then strain out as much moisture as you can. Press well to get out every last drop. Add salt and place in cheesecloth or a clean tea towel and hang in a cool place overnight (in fridge in hot weather) to firm the cheese. This will last up to 2 week in the fridge. You can add herbs, chopped garlic etc. to this before you hang it up. When chilled it will slice nicely.

Soya Spread

1 cup cooked soya beans
1/2 cup water, approx.
1/4 tsp salt
1/2 tsp herbs (Salad Herbs is nice)
2 Tbsp. lemon juice

Soak 1/2 cup soy beans overnight, then cook for approx. 2 hours. Place all ingredients in the blender and blend till smooth. Lasts up to 2 week in the fridge.

Date Spread

1 cup dates, chopped
1/2 cup lemon juice
1 Tbsp. carob powder

Place dates and lemon juice in saucepan and simmer. Stir while simmering until the dates are mushy. You may need to add some water. Remove from heat and add carob powder.

Homemade Peanut Paste

2 cups roasted peanuts
1 cup water
pinch salt
1 Tbsp. tahini paste (optional)

Blend dry peanuts in blender to make a fine powder. Add water and salt. To make a smoother paste, add the tahini and beat until blended.

Millet Spread

1 cup cooked millet
1 Tbsp. agar agar
1 cup water
1/4 cup cashews
1/2 tsp salt
1 med cooked carrot

In a small pan, stir agar agar into water. Let stand 5 minutes. Cook over high heat till agar agar is dissolved and liquid is clear. Blend all ingredients till creamy smooth. Pour into container and chill. Do not freeze.

Herb Spread

2 cups millet spread
1 tsp dill weed or seeds
1/2 tsp oregano
2 cloves garlic
salt to taste

Mix all ingredients together.

Avocado Spread

1 ripe avocado
2 tsp lemon juice
1 clove garlic (optional)
salt to taste

Mash avocado and add crushed garlic, lemon juice and salt. Makes a good dip or spread on crackers.

Currant Jam

2 cups dried Currants
Grape juice

Place currant in a saucepan and pour in just enough juice to cover them. Bring to the boil, simmer 10 minutes. Pour into blender and whiz till smooth.

Apple-Apricot Jam

2 cups apples, dried or fresh
1 cup dried apricots
1 cup dates

Chop all ingredients and add just enough water to cover and simmer for 10 minutes. Blend until smooth.

Apple-Date Spread

2 small apples
½ cup dates
½ cup water
cooked rice or oatmeal (optional)

Cook diced, peeled apples with dates and water till tender. Blend till smooth, adding the rice or oats if a thicker consistency is needed. Blend.

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CAKES

Boiled Fruit Cake

1 x 450g crushed pineapple
125g butter
400g fruit medley or mixed fruit
1 cup sugar (or ½ cup honey)
pinch salt
2 cups wholemeal flour
2 eggs or egg replacer

Boil first 6 ingredients in a saucepan for 10 minutes. Allow to cool. Add flour and eggs last. Place mixture in 18cm round tin lined with grease proof paper. Cook med oven 1 hour. Leave in tin for 10 minutes before turning out.

Carob Fudge Frosting

4 Tbsp. carob powder
1 cup boiling water
½ cup dates
½ cup peanut paste

Whiz first three ingredients in blender. Stir in remaining ingredient. Chill.

Easy Fruit Cake

1 Kg of mixed dried fruit - your choice
2 cups water and/or fruit juice
2 cups wholemeal flour
4 Tbsp. Tahini (optional)

Boil fruit in water for 2 - 3 minutes. Leave to cool for 30 minutes. Add tahini and mix well. Mix in flour and spoon into a liked oiled tin. Place pecans/almonds on top to decorate. Bake in moderate oven for 1 hour.

Banana Cake

4 oz butter
½ cup honey (or to taste)
2 eggs or egg replacer
1 tsp vanilla
3 - 7 bananas, mashed (the more plentiful they are the more you can use)
1/3 cup currants
1 Tbsp. milk powder
2 - 3 cups wholemeal flour

Mix all ingredients using enough flour to make a stiff mixture. Place in an 18 - 20 cm cake tin and bake in a moderate oven for 1 - 1 ½ hours.

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MILK SUBSTITUTES

Soya Base

1. Soak 2 cups of soya beans for 24 hours. It is best to soak them in 1.2 Lt of water and change the water 4 times during the soaking time. Refrigerate the soaking beans to keep them fresh.
2. Place soya beans in a saucepan with 1 cup of water for every cup of beans. Place on a low heat and simmer, not boil, for 30 minutes. Place 2 cups of beans and 2 cups of water in blender at a time, and blend until smooth.
3. Place liquefied beans in a Teflon saucepan to prevent sticking, and cook for approx. 10 min. If you don't have a Teflon saucepan, stir constantly to prevent sticking.
4. This soya base is now ready for milk, butter, pies, or puddings. This can be frozen for future use.

Soya Milk

1 cup Soya Base (above)
2 1/2 cups water
1 Tbsp. honey
1/2 tsp salt

Blend all ingredients together. Adjust flavourings to your taste. May strain for a smoother milk if desired.

Cashew or Almond Nut Milk

1 cup raw cashews or almonds
6 cups water
pinch salt
4-6 dates (optional)
1 Tbsp. honey (optional)

Blend all ingredients in blender. Stir and shake well each time before pouring. Can be used over hot or cold cereals and for cooking.

Barley Milk

1 cup cooked barley
3 cups water
1 1/2 tsp vanilla
1 1/2 Tbsp. honey
1/2 tsp salt

Blend together in blender and add more water to thin down to desired consistency.

Rice Milk

4 cups hot water
1 cup cooked white or brown rice, still hot
1 tsp vanilla
1 Tbsp. honey or to taste

Place all ingredients in blender and blend until smooth. Allow to settle, approx. 30 minutes. Then carefully pour milk off leaving most of the sediment.

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MINCE SUBSTITUTES

To make your favourite mince dishes just replace the mince with:-

- mashed Sanitarium Nutmeat, Rediburger, or Nutolene.
- Sanitarium TVP or Vita-burger - 1 cup boiling water to 1 cup of TVP or Vita-burger and a Massell Ultracube stock cube. Allow to stand while it absorbs the water.
- cook up some dried beans or use 4 bean mix, mashed into a paste.

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PATTIES AND LOAVES

Brown Lentil Roast or Patties

1 1/2 cups cooked brown lentils put through a sieve
2 cooked and mashed medium potatoes
1/2 cup tomato puree
4 Tbsp. wholemeal flour
2 Tbsp. vegetable oil
1 small onion, chopped
1 tsp marmite or vegemite

Place oil, onion, and marmite in a pan a cook till onion is tender. Then stir in flour and tomato puree and stir till smooth and thick. Mix all ingredients together and bake in an oiled dish in a moderate oven for about 1 hr or mould into patties and place on tray, and bake for 15 minutes or until firm, on each side. If mixture too thin, especially when making into patties, add some bread crumbs.

Herbed Honey Rissoles

1 packet Sanitarium Vita-Burger or Mince TVP (2 cups soaked in 2 cups boiling water)
2 tsp dried tarragon leaves
2 tsp dried basil leaves
4 Tbsp. honey
1 Tbsp. dark soy sauce
1 med onion, chopped finely
1 clove garlic, crushed (optional)
1 Massell Ultracube - chicken flavour
1 cup stale breadcrumbs
2 eggs or egg replacement

Combine all ingredients in bowl. Shape mixture into rissoles. Place on a greased try and bake in a moderate oven for 10 - 15 minutes. Turn over and bake for another 10 - 15 minutes.

Rolled Oat Patties

1 onion, chopped
1 Tbsp. oil
1 tsp marmite
1 tsp mixed herbs
½ cup chopped walnuts (or 1 Tbsp. peanut butter)
½ cup milk
1 cup rolled oats
1 egg or egg replacer
salt

Fry onion in oil until limp. Add marmite, herbs and walnuts and simmer 2 minutes. Beat egg and milk together and add rolled oats. Combine both mixtures and let stand for a while. If not stiff enough add breadcrumbs. Roll into patties and bake in a moderate oven for 10 - 15 minutes each side, or drop patties into boiling mixture of 1 packet mushroom soup with 3 cups water, simmer 45 minutes.

Vita-Burgers

2 cups Sanitarium Vita-Burger or Mince TVP
2 cups boiling water
1 Massell Ultracube - beef flavour
1 Tbsp. oil
1 med onion, chopped
1 cup dry breadcrumbs
2 eggs or egg replacer

Pour boiling water over the Vita-Burger and Ultracube, cover and let stand 10 minutes. Combine all ingredients and form into patties. Bake on a greased tray in a moderate oven for 10 - 15 minutes each side, or fry in a little oil.

Sunflower Seed Balls

1 cup sunflower seeds, ground
1 Tbsp. plain flour
2 onions, chopped and steamed
2 Tbsp. savoury yeast flakes (optional)
1 cup breadcrumbs

Combine all dry ingredients. Moisten with steamed onion. Add a little water if not moist enough. Form into balls. Bake in a moderate oven till golden brown. These are nice in a gravy or thickened tomato or mushroom soup.

Cashew Balls with Pasta and Tomatoes

Balls
2 cups raw cashews
2 eggs or replacer
1 cup breadcrumbs
1 Tbsp. olive oil

Tomato Sauce
1 Tbsp. olive oil
1 clove garlic, crushed
1 onion, chopped
4 tomatoes, chopped
2 Tbsp. tomato paste
2 tsp oregano
1 tsp basil
1 ½ cups water
4 cups cooked pasta

Balls
Blend nuts finely. Combine nuts, eggs and breadcrumbs, and mix well. Shape into small balls. Heat oil in fry pan over medium heat and cook balls until golden brown. Drain on absorbent paper.

Sauce
Sauté garlic and onion in oil until onion is limp. Add tomatoes, tomato paste, oregano, basil and water and bring to the boil. Simmer for 20 minutes. Add cashew balls to sauce, and serve over pasta.

Vegetarian Frankfurts

2 cups cooked brown rice
1 stick celery, chopped
2 onions, chopped
2 Tbsp. soy sauce
2 cups breadcrumbs
½ cup chopped walnuts
1 Tbsp. soya flour
1 Tbsp. gluten flour
2 Tbsp. besen flour (chick pea flour)
1 tsp sage
1 tsp sweet basil
salt to taste

Simmer onions and celery in ½ cup water and soy sauce. When tender add to rice. Add remainder of ingredients and mix well. On a plate covered with wholemeal flour place heaped teaspoons of mixture. Roll in flour and roll in hands to form Frankfurt. Fry in a little olive oil in a non-stick pan. Yields approx. 60.

Rediburger Roast

1 can Sanitarium Rediburger
2 cups cooked brown rice
2 cups seasoned breadcrumbs
3 eggs or egg replacer
1/3 cup olive oil
1 med onion, chopped
1 small can mushrooms, chopped
1 Tbsp. finely chopped parsley
1 cup hot water
1 Tbsp. marmite or vegemite
1 Tbsp. butter

Mash the Rediburger with a fork. Add the rest of the ingredients except the last 3. Place in greased casserole dish. Mix last 3 ingredients and pour on top. Bake in 180 Degree oven for 1 - 1 1/2 hours.

This can be easily turned into patties by leaving out the hot water and butter, and moulding into patties and baking to 10 - 15 minutes each side in moderate oven.

Basic Roast

1 cup soaked chick peas
1/2 cup pecans or walnuts
1/4 tsp oregano
1 onion
1 cup rolled oats or breadcrumbs
1 1/2 cups water
1 clove garlic
2 Tbsp. wholemeal flour

Blend water and soaked chick peas, until fine. Add onion quartered and blend. Then the garlic and blend. Add pecans and flour then blend. Pour into a bowl and stir in the oats or breadcrumbs. Pour into an oiled casserole dish and bake in a moderate oven for 45 minutes. Serve with gravy or on its own with steamed vegetables or salad.

Carrot Loaf

1 cup fresh breadcrumbs
2 cups grated carrot
2 eggs or replacer
pinch of salt
1 onion, chopped finely
1 Tbsp. peanut butter mixed with hot water
Milk to mix

Mix all ingredients together. Bake in a moderate oven for 1 hour.

Chick Pea Loaf

2 cups cooked chick peas (3/4 cup dry)
2 cups cooked brown rice
1 cup breadcrumbs
1 large onion, chopped
1/2 cup tomato puree
1/2 tsp sweet basil
1 tsp oregano
2 Tbsp. soy sauce
2 Tbsp. parsley

Place tomato puree, oregano and soy sauce in saucepan and heat (do not boil) for 5 - 10 minutes to get good flavour. Mash chick peas with potato masher. Combine all ingredients with tomato puree. Spoon into casserole dish, pack down firmly and cook covered in moderate oven for 45 - 60 minutes.

Macaroni Loaf

First Layer

1 Tbsp. oil
1 small onion, finely chopped
1/2 430g Sanitarium Casserole Mince
2 Tbsp. Torula Yeast (optional)
1/2 cup grated carrot
1/2 tsp dried basil
2 Tbsp. chopped parsley

Second Layer

1/2 cup low fat cottage cheese
3/4 cup milk
2 eggs or replacer
1 tsp flour
1/2 tsp salt
2 cups cooked macaroni

Sauté onion in oil until tender. Add remaining ingredients for first layer and mix well. Spoon mixture into lightly greased 9 x 26 cm casserole dish.

For second layer combine all ingredients into a bowl and mix well. Pour macaroni mixture over top of casserole mince mixture. Bake in a moderate oven for 1 hour.

Cottage cheese can be replaced by 1/2 cup cooked and pureed rice, soya beans, or any white beans.

Potato Patties

750 g potatoes, peeled and cooked
½ cup rice, cooked and pureed with a little water
1 egg or replacer
4 shallots, chopped
¾ cup wholemeal flour
2 Tbsp. milk
1 cup dry breadcrumbs
oil

Place potato in a large bowl and mash. Mix in rice, egg, shallots and flour and stir well. Refrigerate mixture until cold. Divide into 12 equal portions and shape into patties. Dip patties into milk then breadcrumbs. Refrigerate for 30 mins. Fry in a little oil until golden brown both sides.

Vegetable Fritters

3 cups of grated or finely chopped vegetable (potatoes, sweet potatoes, onions, carrots, peas, corn, mushrooms)
2 cups wholemeal flour
1 teaspoon salt
1 egg or egg replacer
1 Tbsp. oil
1 cup hot water

Mix together well. Place spoonful into hot fry pan which has been either lightly oiled or sprayed with cooking spray. When brown underneath, about 5 minutes, turn and cook other side. Serve hot or cold.

Sweet Potato Cakes

500g sweet potatoes
125g butter
3 eggs or replacer
125g flour

Boil and mash sweet potatoes. Beat butter and eggs, and add to potatoes, mixing well. Add flour and mix. Roll out and shape into thin cakes. Bake in a hot oven. Sugar or honey can be added if you like sweeter cakes, or herbs if you prefer savoury.

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SALADS

Bean Salad

500g green beans, cut and cooked
½ capsicum, chopped
1 tin four bean mix
1 small onion, chopped

Mix together including the juice from the tin, and serve.

Potato and Bean Salad

500g small potatoes, cooked and sliced
2 cups green beans, cut and cooked
4 shallots, chopped
1 ½ Tbsp. olive oil
pinch salt
½ tsp Italian herbs

Place first three ingredients in a bowl and toss. Mix last three ingredients into a dressing and pour over the other. Toss gently.

Green Salad

Go through your fridge and/or garden for anything green - lettuce, cabbage, shallots, celery, parsley, wombock - Chinese cabbage, comfrey, sweet potato leaves, broccoli, cauliflower - chop roughly. Serve with other salad.

Tossed Salad

3 Tomatoes, diced
½ cucumber, diced
1 carrot, grated
2 sticks celery, chopped
1 med tin 3 or 4 bean mix
1 tin asparagus
1 small tin mushrooms, chopped
Lettuce, cabbage or wombock.
Extra flavouring:
Basil, Parsley, 3 in one, Chives, Mint

Mix ingredients together adding enough lettuce, cabbage or wombock to make it look nice. You can add one or all of the herbs mentioned above for extra flavouring - fresh herbs are definitely better than dried for this.

Wombock (Chinese Cabbage) Salad

1/4 Wombock, chopped
4 shallots, chopped
1 carrot, grated
1/2 cup toasted slivered almonds (optional)
2 Tbsp. oil
2 Tbsp. lemon juice
1/2 Tbsp. soya sauce

Combine wombock, shallots, carrot and almonds and place on a serving plate. Combine oil, lemon juice, and soya sauce and use as a dressing if desired.

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SAUCES AND GRAVIES

Zesty Tomato Sauce

1 x 450g can tomatoes
1 onion
1/2 tsp basil
1/2 tsp salt
1/2 tsp dill weed or seeds
1 Tbsp. lemon juice

Whiz all ingredients in processor until smooth. Simmer 25 - 30 minutes until thick.

Simple Gravy

Oil
1 small onion, chopped finely
1 heaped tsp vegemite or 1 Massell Ultracube
1 cup water
1 Tbsp. cornflour

Fry onion in a little oil until brown. Add vegemite and most of the water, reserving a little to mix with the cornflour. Simmer till vegemite or Ultracube dissolves. Add the cornflour mixed with the rest of the water, a little at a time, stirring constantly. Simmer till thick.

The flavour can be varied by adding mushrooms, tomato paste or herbs.

Mushroom Sauce

1 packet mushroom soup
1 cup water
cornflour

Mix the mushroom soup with the water and simmer. If too thin add a little cornflour mixed with water, if too thick add more water.

Quick Tomato Sauce

Mix tomato paste 1/2 and 1/2 with water e.g. 1/4 cup tomato paste to 1/4 cup water. Add some herbs if you desire.

Sour Cream

1 1/2 cups sunflower seeds
2 cups water
1 tsp salt
1/2 cup lemon juice
1/4 tsp garlic powder
1/2 tsp onion powder

Place all ingredients in blender. Blend till smooth. This is an excellent cream to serve with potatoes. A small amount of this cream blended with avocado or tomato is excellent dressing for salad.

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SAVOURIES

Macaroni with Chick Peas

225g chick peas, soaked and cooked
450g macaroni, cooked
2 cloves garlic, crushed
1 Tbsp. olive oil
1 tsp basil
Macadamia nuts or almond, crushed for topping

Using a large heavy based saucepan, sauté garlic gently in the oil for 3 - 4 minutes without browning. Add chick peas, macaroni and basil, stirring through over a low heat. Season with salt to taste. Serve hot sprinkled with the nuts.

Tofu Cutlets

250g tofu
Tamari or Soy Sauce
Bread crumbs
Oil
Slice block tofu and marinade in Tamari or Soy Sauce.

Dip drained slices in seasoned breadcrumbs and fry in a little oil in a non-stick fry pan. Serve with favourite sauce or alone with salad or a burger roll with salads or vegetables.

Quick & Easy Hotpot

1 medium onion, chopped
2 cups diced vegetables (fresh or frozen)
1 stalk of celery, chopped
1/2 x 430g can Sanitarium Nutmeat, diced
1 packet 2-minute noodles or 1/2 cup noodles
1 packet mushroom soup
4 cups water

Mix together in a saucepan and bring to the boil, then simmer 5-10 minutes.

VARIATIONS:-

1. Leave out the Nutmeat and add 1/2 cup of cashews, or cooked chick peas, or red kidney beans or any other cooked legume or 1 cup of cooked and blended soya beans or soya base (see page 10).
2. Change the mushroom soup to another flavour.
3. Leave out the soup and add a Massel Ultracube - beef, chicken or vegetable flavour.
4. Add different herbs to vary the flavour.

Quiche

CRUST

1 cup dry bread crumbs
1 Tbsp. salad herbs
1/2 cup hot water, approx.
Place bread crumbs and herbs in bowl. Add enough hot water to make a sticky dough, mixing well. Wet your hands and press it into a greased pie plate.

FILLING

1 cup cooked and blended soya beans or soya base (see Milk Substitute section)
2 Tbsp. cornflour
pinch salt
1 cup water
1 onion chopped

Mix all ingredients including 2 or more of the suggested flavours below, and place in crust and bake in a moderate oven for 1 hour.

SUGGESTED FLAVOURS

Use any two or more of the following:-

- Tin of cut asparagus, drained.
- Small tin of mushrooms, drained.
- Tin of corn kernel, drained.
- Tin 4 bean mix, drained.
- 2 tomatoes, chopped.
- 3 small zucchini, grated.

Rosemary Cheese Pasta Sauce

2 cups cooked and blended soya beans or soya base (See Milk Substitute section)
2 small onions
1 tsp fresh rosemary, chopped finely
1 Tbsp. olive oil
1 tin mushroom or tomato soup

Fry onions and rosemary in the oil until the onions are limp. Add blended soya beans and soup. Let simmer for a couple of minutes. Serve with pasta.

Savoury Chick Peas

1 cup chick peas, soaked overnight and cooked till tender
1 Tbsp. olive oil
1 Tbsp. salad herbs

Place the oil in a wok or fry pan, then the herbs and stir. Mix in the chick peas until they are well coated with the herbs. Tip out into a bowl. Serve hot with steamed vegetables or cold with a salad.

Vegetarian Shepherd's Pie

1 small onion, chopped
2 cups diced vegetables (fresh or frozen)
1/2 tin Sanitarium Nutmeat, mashed
2 Tbsp. tomato paste
1 tsp sugar
1 Beef style Massell Ultracube
1 Tbsp. gravy
1 Tbsp. parsley
1/2 cup water
Oil
2 cups potato, cooked and mashed (a little on the sloppy side is best)

Place a little oil in a saucepan with the onion and cook till limp. Add tomato paste and sugar, stir well. Add vegetables, nutmeat, parsley and water and simmer till vegetables are cooked. Add gravy to thicken. Place this in the bottom of a casserole dish with the mashed potatoes on top. This does not have to be cooked in the oven as everything is already cooked, but you may wish to put it under the grill for a few minutes to brown the potato.

Sour Cream Spinach Sauce

1/2 cup red kidney beans, cooked
or 1 tin Sanitium Vegetarian Sausages, chopped
1 onion, chopped
1 Tbsp. oil
1 small tin mushrooms, sliced
2 Tbsp. cornflour
1 1/2 cups milk
1 tsp soya sauce
300g carton sour cream
250g packet frozen spinach (this must be chopped very finely, use food processor)
2 cups cooked rice

Place oil and onion in saucepan and cook till soft. Add red kidney beans or sausages, mushrooms, cornflour mixed with a little of the milk, the rest of the milk and soya sauce. Simmer till it thickens. Add sour cream and spinach last. Cook for a couple of minutes. Serve on cooked rice.

Vegetable Bake

3 potatoes, sliced
2 onions, sliced
1 small sweet potato or equivalent in pumpkin, sliced
2 carrots, sliced
1 med zucchini, sliced
1/2 cup peas
1/2 cup corn
1 415g tin Sanitarium nutmeat, sliced
400ml coconut cream
3/4 cup seasoned breadcrumbs

Place layers of vegetables and nutmeat in a casserole dish varying the colour so as it looks nice. Pour on the coconut cream and sprinkle on the breadcrumbs seasoned with your favourite herbs. Cook in a med oven for 1 1/2 hours or until vegetables are cooked.

This recipe can also be done quicker by cutting the vegetables into cubes and boiling until almost tender. Place in casserole dish topping with coconut cream and breadcrumbs. Cook for 30 mins or until breadcrumbs brown and vegetables finish cooking.

Vegetable Lasagne

Sauce:
2 zucchini, diced
1 carrot, grated
1 red capsicum, diced
1 cup cauliflower, chopped
1 tin tomato puree
2 cups tomato, chopped
1 onion, chopped finely
1 cup cooked lentils or 250g sliced block tofu.
lasagne sheets

Place tomato puree, tomatoes and onion in a saucepan and cook well. Add the rest of the vegetables and a little water, and boil till cooked.

In the base of flat casserole dish place a layer of the mixture, then lentils or tofu, then lasagne sheets. Repeat until all ingredients used up. Then pour on Cashew Lasagne Cheese Topping. Bake in a moderate oven for approx. 1 hour.

Cashew Lasagne Cheese Topping

2 cloves garlic
½ cup cashews
3 Tbsp. arrowroot powder
1 cup water
Juice of 2 limes or ¼ cup lemon juice
salt to taste

Blend all ingredients until smooth. Pour over lasagne and bake.

Sweet Potato Au Gratin

3 gold sweet potatoes
3 large potatoes
1 garlic clove
1 cup frozen peas
½ cup potato flour
100g cashews
4 cups water (can be vegetable water)

Steam diced vegetables. Blend water, cashews, flour, salt and garlic. Pour over drained vegetables in casserole dish. Bake 20 minutes in a moderate oven.

Nutolene Pasta Sauce

1 onion, chopped finely
1 Tbsp. olive oil
1 stick celery, chopped
½ can corn kernels, strained
1 cup milk
1 Tbsp. cornflour
½ tin Sanitarium Nutolene, cubed
Parsley
Pasta or rice, cooked

Sauté onions in the oil. When limp, but not brown, add celery, corn, and most of the milk leaving a little to mix the cornflour. Add corn flour mixture, then Nutolene. Boil till thickens. Garnish with parsley. Serve with cooked pasta or rice.

Gravied TVP

1 cup Sanitarium Mince TVP or Vita-Burger
2 cup boiling water
1 small onion, chopped finely
1 small tin mushrooms in butter sauce
1 Massell Ultracube - beef flavour
1 Tbsp. cornflour

Place 1 cup of water, Ultracube and onion in a saucepan and simmer till tender. Add the rest of the water and TVP, and simmer till tender. Add mushrooms and cornflour mixed with a little water, and simmer till thick. Serve with hot vegetables.

Brown Lentils with Mashed Potato

2 cups cooked brown lentils (¾ cup raw)
1 large carrot, diced
1 med onion, chopped
1 Tbsp. tomato paste
1 Tbsp. gravy powder (or 1 Tbsp. cornflour and 1 tsp vegemite)
5 med potatoes, cooked and mashed

When lentils are cooked add carrot and onion, and simmer till tender. Add tomato paste and gravy. Bring to the boil and simmer till thick adding more gravy if necessary. Serve with mashed potatoes or cooked rice.

Masi Masi

(This is an adaptation of an island dish usually cooked in the stone oven.)
4 large potatoes
2 onions
1 bunch spinach, silver beet or sea spinach
½ - 1 cup raw peanuts or almonds ground
salt
1 cup water or coconut milk

Line a lidded casserole dish with greens. Slice the potato and onions and place in the casserole dish on the greens. Sprinkle with ground peanuts and salt. Repeat with layers of greens, sliced potato, sliced onions, ground peanuts until casserole is full. Finish with a good layer of greens. Pour over 1 cup water or coconut milk. Cover and bake in a moderate oven for 45 mins or until potato is cooked.

Vegetable Mould

½ cup potatoes, diced
½ cup carrots, diced
½ cup peas
½ cup corn
1 Massell Ultracube - beef or chicken flavour
1 Massell Ultracube - vegetable flavour
½ tin Nutmeat
½ tin Nutolene
1 Tbsp. agar agar
pinch dried mint

Cook potatoes and carrots. Add peas, corn and stock cubes, and when all cooked add diced Nutmeat and Nutolene. Mix agar agar with a little water and add to vegetables. Boil for 3 minutes. Pour in dish and leave to set.

Sloppy Joes

½ tin Sanitarium Nutmeat, chopped into cubes
1 Tbsp. oil
1 onion, chopped
2 sticks celery, chopped
440g can baked beans in tomato sauce
½ Tbsp. soy sauce
4 bread rolls

Heat oil in pan, add onion and celery, cook till tender stirring. Add Nutmeat, baked beans and soy sauce and bring to the boil, and simmer uncovered for a few minutes. Cut bread rolls in half, spread with butter, and pour mixture over bun.

Mushroom and Pasta Savoury

1 packet mushroom soup
4 cups water
2 packets Two minute noodles or equivalent
2 cloves garlic, crushed
½ tsp basil, mint or rosemary
1 Massell Ultracube - beef or chicken

Place all ingredients in a saucepan, breaking up the noodles into small pieces. Bring to boil, and simmer for 5 minutes. Place in a bowl and allow the noodles to absorb the liquid. Serve hot or cold.

Fancy Mashed Potatoes

4 potatoes
1 stick celery, chopped
1 small onion, chopped finely
½ tsp basil, mint, rosemary, parsley or 3 in 1 (or a combination)

Cook potatoes, celery and onion with a little water. Mash together and add herb/s. Serve hot or cold. (If you overcook your potatoes for potato salad, this is a nice alternative.)

Boiled Peanuts

2 cups raw peanuts, still in shell
1 Tbsp. salt

Place peanuts in a saucepan and cover with water. Add salt and bring to the boil. Boil for 1 ½ - 2 hours. When taken out of the shell they should be cooked through - not crisp - and have a salty taste. Serve with steamed vegetables, or use as a meat replacement in a stew.

Fried Rice

2 cups cooked brown rice
1 Tbsp. olive oil
1 large onion, chopped
5 mushrooms, chopped
2 carrots, chopped
2 potatoes, cubed
1 stick celery, chopped
½ cup green beans, fresh or frozen
½ cup green peas, fresh or frozen
1/3 cup sweet corn
2 cups cabbage, chopped

Place oil, onion and mushrooms in a large fry pan and cook till onions are just limp. Add the rest of the vegetables except the cabbage, and cover. Stir occasionally until just cooked, you may need to add just a little water to stop this from burning. Add cabbage and stir through. Cook for 2 minutes before adding the rice. Cook turn off heat and stir thoroughly. Serve with soya sauce or salt immediately or when cold.

Herbed Pasta or Rice

1 cup pasta or rice
1 Tbsp. olive oil
1 tsp salad or Italian herbs

Cook pasta or rice till tender. Rinse with water and drain well. Add oil and herbs and mix well. Can be served hot or cold. Can use any herbs of your choice.

Peanut Pate

1 medium onion
4 Tbsp. smooth peanut paste
2 eggs or replacer
440 g tin tomato soup
½ tsp sage
¾ cup dry breadcrumbs

Place all ingredients except breadcrumbs in blender and blend till smooth. Pour into a bowl and add breadcrumbs. Pour into a greased casserole dish and bake for 1 hour or until firm. Leave to cool in the dish for 15 minutes before you turn out. Serve as sandwich filling or as a savoury with vegetables or salad.

Dried Bean Stew

1 cup raw beans - kidney beans, soy beans, brown lentils, red lentils, chick peas, cannellini beans or borolotti beans (some of each or whichever ones you like or have or use shop prepared bean soup mixes)
2 large potatoes, cubed
1 onion, chopped
1 carrot, chopped
1 piece pumpkin, cubed
2 sticks celery, chopped
3 bay leaves
pinch salt

Soak the beans overnight. Rinse well, and cook for 2 hours with salt and bay leaves, stirring occasionally to prevent sticking. Add vegetables and boil till cooked. Serve hot with toast or cold with bread.

Savoury Twists

1 sheet puff pastry
1 - 2 Tbsp. butter
1 Tbsp. Salad or Italian herbs
3 cloves garlic, crushed

Mix butter, herbs and garlic together. Spread evenly over the puff pastry. Cut sheet into strips approx. 15mm wide, then cut strips in half. Pick up one strip at a time, pinching one end together spread side in, and twisting around 3 or 4 times before pinching the other end together. Place on shallow tray, and bake in a moderate oven till just going brown. Serve hot or cold.

Sausage Rolls

1 tin Sanitarium Nutmeat, mashed
1 onion, chopped finely
1 carrot, grated
1 small zucchini, grated
1 Tbsp. gravy powder
2 Tbsp. tomato paste
1 Tbsp. parsley
1 cup breadcrumbs
4 sheets puff pastry

Fry onion in a little oil. Add tomato paste and nutmeat, stirring. Add a little water and the gravy powder and parsley and stir until gravy thickens. Add the breadcrumbs and separate into 8 even portions. Cut the sheets of puff pastry in half, spreading one of the portions out like a sausage along each sheet. Roll sheet, wetting edges. Cut into lengths desired and bake till pastry is golden brown.

Stewed Tomatoes

1 Tbsp. olive oil
1 clove garlic, crushed (optional)
1 small onion, chopped finely
2 tins tomatoes
1 Tbsp. sugar (optional)
salt to taste
cornflour
½ tin Sanitarium Bologna, chopped

Sauté garlic and onion in oil until limp, but not brown. Add tomatoes, sugar and salt and simmer for 10 minutes. Add a little cornflour mixed with water to thicken if necessary. Finally add Bologna. Serve with mashed potatoes or cooked pasta.

Gluten Pikelets

- 1 cup milk
- 2 eggs or replacer
- 1 onion, chopped finely
- 1 cup gluten flour
- 1 tin or packet tomato, french onion or mushroom soup

Mix milk onions and eggs together, gradually adding gluten flour mixing to make a batter. Drop dessert spoons of batter into hot greased fry pan and cook till lightly brown both sides. Then drop into boiling soup and simmer for 35 - 40 minutes.

Baked Stuffed Nutmeat

- 1 tin Sanitarium Nutmeat
- Gravy
- fresh breadcrumbs
- Onion, chopped
- herbs
- salt
- 2 Tbsp. linseed

Remove Nutmeat from tin without breaking. Cut a hole lengthwise about 3 - 4 cm diameter. Mix the rest of the ingredients to bake a stuffing and fill the cavity with the stuffing. Place in a baking dish, with a little oil and bake in a moderate oven until brown.

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SOUPS

Poor-man's Hearty Soup

- 2 potatoes, cubed
- 1 onion, chopped roughly
- ½ cup pasta
- ½ cup rice
- 3 cups water
- salt to taste

Place ingredients in a saucepan and boil till cooked. For more flavour add a packet soup and or some herbs.

Rice Soup

- ½ cup rice
- 3 cups water
- 1 onion, chopped
- salt to taste
- 4 cups milk
- parsley

Cook slowly the rice with water for 1 hour, with the finely chopped onion. Add salt and milk, reheat and serve with parsley.

Nutolene & Corn Chowder

- 1 tin Sanitarium Nutolene, diced
- 1 onion, chopped
- 1 Tbsp. oil
- 440g can creamed corn
- 1 L water
- 2 Massell Ultracube - chicken flavour
- ½ cup milk or cream
- 3 tsp cornflour
- 1 green shallot, chopped

Cook onion in oil until soft, not brown. Add corn, water, stock cubes and Nutolene, bring to the boil, and simmer for 10 minutes. Add milk with the cornflour mixed with it, and boil for a few minutes. Add shallots just before serving.

Potato Soup

- 1 onion, chopped
- 1 Tbsp. olive oil
- 1 tsp marjoram
- 1 tsp sage
- 1 stick celery, chopped
- 4 medium potatoes, diced
- 4 cups water
- 1 cup milk
- salt to taste

Sauté onion in the oil until limp. Add the marjoram and sage and stir for another minute. Add celery, potatoes and water and boil till potatoes are tender. Using a potato masher, mash the potatoes until there are only small lumps. Add milk and salt. Serve hot with bread or toast.

Tomato Soup

6 tomatoes, sliced
1 onion, sliced
1 Tbsp. sago
salt to taste
2 Tbsp. parsley, chopped
½ cup milk

Cook tomatoes and onion in 4 cups water till tender. Strain and add sago. Boil until the sago is cooked. Flavour with salt, parsley, and milk. Heat again and serve at once. Nice with squares of toast. This soup may be varied by adding rice instead of sago.

Cream of Zucchini Soup

500g zucchini
2 cups water
1 Massell Ultracube - chicken flavour
2 sticks celery
1 large onion
½ cup milk

Place zucchini, water, stock cube, celery and onion in saucepan. Bring to boil, simmer 10 minutes. Mash with potato masher or blend ½ in blender. (At this point you can freeze this for later use and add milk after thawing.) Add milk and bring to the boil.

Sweet Corn Soup

2 large potatoes, cubed
1 onion, chopped
1 Chicken style Massell Ultracube
1 cup water
1 can each of corn kernel & cream corn
2 cups milk or substitute
1 Tbsp. cornflour
1 Tbsp. chopped parsley

Place first 4 ingredients in saucepan and bring to the boil. Simmer until potatoes and onions are cooked. Mix the cornflour with a little of the milk, add to saucepan along with the rest of the ingredients. Simmer for 5 minutes.

Sweet Potato Soup

750g sweet potato
1 small onion
1 stalk celery
1 Tbsp. olive oil
1 Massell Ultracube - chicken flavour
1 Lt water
300 ml milk
salt

Peel and dice sweet potatoes, chop onion and celery. Place oil and vegetables in heavy saucepan and lightly sauté vegetables. Add Ultracube and water and simmer until sweet potato is quite soft, about 40 minutes. Mash with potato masher. Add milk and salt to taste and warm through.

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SWEETS

Quick Soya Custard

2 Tbsp. Soya Flour
1 cup water
1 Tbsp. corn flour
1 Tbsp. honey (or to taste)
Vanilla essence.

Mix together and boil till thick stirring all the time. If too thick add more water, but if too thin add more corn flour.

Milk Custard

1 cup milk
1 Tbsp. corn flour
1 Tbsp. honey (or to taste)
Vanilla essence

Mix together and boil till thick stirring all the time.

Rice Cream

6 heaped Tbsp. brown rice
3 Tbsp. honey
1 Tbsp. vanilla
1 Lt of liquid (1 tin coconut cream and the rest milk - soya, rice, barley, cows, etc.)

Place rice in blender or food processor and process until there is a little rice flour with the rice. Place all ingredients in saucepan and bring to boil, stirring occasionally to prevent sticking. Turn stove down to low and simmer 1-2 hours, or until rice is cooked and mixture is thick.

Fruit Soup

500 ml apple juice
1 Tbsp. honey
150 gm dried apricots, chopped
3/4 cup sago
1 1/4 cups water
1 825 gm tin two fruits
1 450 gm tin crushed pineapple
400 ml fruit juice - apple, apricot, or orange

Soak sago in the water. Bring the 500 ml of apple juice, honey and apricots to the boil and simmer till the apricots are soft. Add soaked sago and cook till clear - no white dots in it. Allow to cool slightly then add the rest of the ingredients. Just before serving add chopped banana if desired.

Banana Pudding

8 ripe bananas
1 cup milk
1/2 cup dates
3 Tbsp. coconut
2 Tbsp. semolina

Mash bananas then add the rest of the ingredients, and place in an oven-proof dish and bake in moderate oven for 30 - 40 minutes, or place in saucepan and boil on stove till thick (the latter is quicker, but must be stirred to prevent sticking and burning.)

Cashew Currant Pie

PIE SHELL

1 cup quick cook rolled oats
1/2 cup sunflower seeds
1/2 cup coconut
1/4 - 1/2 cup water or apple juice

Combine dry ingredients and add enough juice to bind. Press into pie dish. Bake for 15-20 minutes in a moderate oven or until lightly browned.

LOWER FILLING

1 cup currants
2 cups unsweetened grape or apple juice
3 Tbsp. cornflour

Bring fruit juice and currants to boil. Add cornflour dissolved in water. Cook until thick. Pour into cooled pie shell.

TOP FILLING

2 cups water
1 tsp vanilla
3 Tbsp. cornflour
1/2 cup cashews
1/4 tsp salt (omit if you use salted cashews)
15 dates
1 banana (optional)

Blend all ingredients. Place in a saucepan and bring to boil, and thicken. Pour over currant filling in pie shell.

Sweet Potato - Tofu Pie

Crust:

1 cup rolled oats
1/2 cup coconut
1/2 cup sunflower seeds
1/2 cup fruit juice or water

Mix all ingredients and press into greased pie dish. Bake in a moderate oven for 15 minutes.

Filling:

2 1/2 cups mashed cooked sweet potato
1/2 tsp salt
1 Tbsp. honey
1 tsp vanilla
1/2 tsp ground aniseed

Mash together until smooth. Place in pie shell and bake in a moderate oven for 1 hour (optional).

Topping:

300g tofu
½ cup cashews
½ cup water
1/3 cup honey
¼ cup lemon juice
1 tsp agar agar dissolved in ½ c boiling water (or 1 Tbsp. cornflour)

Blend cashews in the water, then add all other ingredients and pour on top of filling if using agar agar (Warning: agar agar is quite expensive) or place in a saucepan and simmer till thick if using cornflour then pour on top of filling.

Apple Orchard Pie

4 med apples, grated
2 cups pineapple juice
½ cup cornflour
1 cup pineapple pieces or pear (diced)
½ tsp aniseed, ground (Optional)

Heat 1 ½ cups pineapple juice; mix the cornflour in the remaining ½ cup. Add the cornflour mixture to heated juice and thicken. Add aniseed to boiling juice. Take off heat and add pineapple and apple. Stir thoroughly and pour into a pre-baked crust or casserole dish. Chill and serve.

Lemon Pie

1 ½ cups unsweetened pineapple juice
1/3 cup cornflour
¼ cup honey
¼ cup lemon juice
½ tsp lemon rind (optional)

Moisten the cornflour with a little of the pineapple juice. Place the rest of the juice in a saucepan and bring to the boil. Stir in cornflour mixture and boil until thickened and clear. Add honey, lemon juice and lemon rind and stir well. Let simmer for 10 minutes. Pour into baked pie shell. Serve with cashew cream from Cashew Currant Pie recipe.

Pumpkin Pie

2 cups mashed cooked pumpkin
½ cup honey
1 cup coconut
½ cup wholemeal flour
½ teaspoon vanilla

Mix ingredients together and spread out in a pie shell. Bake in a moderate oven for 45 minutes.

Delicious Fruit Slice

4 cups rolled or quick oats
1 cup coconut
1 cup fruit medley
1/4 cup sunflower seeds
1/4 cup sesame seeds
1 cup fruit juice - any kind
4 mashed bananas
2 tsp vanilla
1 tsp salt

Mash bananas and add to liquids and salt. Add to mixed dry ingredients and combine well. Spread out in a 18 x 28 cm tray. Sprinkle coconut on top. Bake in a moderate oven for 30 minutes. When cool, cut into small slices.

Polynesian Bars

1 ½ cups plain wholemeal flour
1 ½ cups rolled oats
½ cup coconut
½ cup chopped pecans or walnuts
2/3 cup olive oil

Mix all together to make a crumble.

Filling

2 cups crushed pineapple with juice
1 grated Granny Smith apple
1 cup chopped dates
½ cup orange juice
½ cup pineapple juice
1 tsp vanilla

Combine all ingredients in saucepan, bring slowly to boil, simmer until mushy. Press 2/3 of crumble mix onto greased baking tray. Cover with filling. Press in with fork. Sprinkle on the rest of the crumble and press with fork. Bake for 30 minutes at 350 degrees F. When cooked cut into bars.

Sesame Sweets

½ cup honey
½ cup sunflower meal (seeds ground in blender)
½ cup sesame seeds
1 ½ cups coconut

Place all ingredients in a bowl and mix well. Grease a 20cm square dish, then tip the mixture into it. With damp fingers gently press it down to make it even. Bake in a moderate oven for 20 - 30 minutes or until golden brown. Allow to cool slightly, then cut into bars and place in refrigerator until set. Keep refrigerated.

Lemon Custard Slice

Crust:

1 cup coconut
¼ cup wholemeal flour
pinch salt
5 - 6 Tbsp. milk

Mix ingredients together and press into a slice tin, covering only the bottom. Bake in a moderate oven for 10 minutes, or until slightly brown. Cool.

Filling:

½ cup corn meal (polenta)
2 cups hot water
200 ml coconut cream
1 tsp vanilla
1 Tbsp. honey, or to taste
pinch of salt

Place ingredients except honey into a large saucepan and cook on stove for 40 minutes. Whilst still hot, stir in honey. Cool a little while, then blend until smooth in blender. Pour into crust and cool.

Topping:

1 ½ cups apple juice
1 lemon (juice and rind)
2 Tbsp. cornflour

Bring apple juice, lemon juice and rind to the boil. Mix cornflour with a little water and stir into juice, stirring constantly until smooth and thickened. Pour over filling and refrigerate. Garnish with desiccated coconut or crushed nuts.

Carob Fudge

½ cup peanut paste
2 Tbsp. honey
½ cup dates
½ cup water
vanilla
1 cup coconut
½ cup sunflower seeds
½ cup sesame seeds
½ cup carob powder

Place first 4 ingredients in saucepan and bring to boil. Add vanilla, mix and then add to the dry ingredients which have been dry mixed. Place some coconut into a flat dish, press mixture on top (2 cm thick). Sprinkle top with coconut. Refrigerate. Cut into small pieces.

Bubble Slice

1 cup wholemeal flour
1 cup sultanas or chopped dates
1 cup almonds or walnuts, chopped
2 cups rolled oats
1 cup coconut
1 cup each of puffed millet and rice (or 2 cups puffed rice, rice bubbles or the like)
4 Tbsp. honey
2 Tbsp. malt

Boil honey and malt together for 3 minutes stirring constantly. Mix the dry ingredients together then add the heated honey mix and add water to bind. Press into oiled dish. Bake in a moderate oven for 20 minutes or until it begins to brown slightly. Cool and cut into slices.

Coconut Macaroons

1/2 cup rice flour
2 cups coconut
water
2 Tbsp. honey

Mix all ingredients, adding just enough water to bind. More honey may be added to taste. Place heaped teaspoons of mixture on lightly floured trays. Bake in moderate oven for 15 minutes. Allow to cool on trays.

Carob Sesame Balls

- 2 Tbsp. sesame seeds
- 1 ¼ cups coconut
- 2 Tbsp. carob powder
- 2 Tbsp. honey
- 1/3 cup orange juice
- extra coconut

Stir seeds over medium heat in heavy-based pan until lightly browned. Remove from pan to cool. Mix seeds, coconut, carob honey and juice well. Roll mixture into small balls, toss in extra coconut, refrigerate until firm.

Banana Date Cookies

- 4 bananas, mashed
- 1 cup raisins
- ½ tsp salt
- 2 cups coconut
- ½ cup walnuts, chopped finely
- 1 cup dates, chopped
- 1/3 cup olive oil
- 2 cups rolled oats

Mix all ingredients adding rolled oats last. Roll into balls and flatten with a fork on a non-stick tray. Bake in moderate oven for ½ hour.

Surprise Drop Cookies

- ½ cup oil
- 4 Tbsp. treacle or golden syrup
- ½ tsp salt
- 1 cup brown sugar
- 2 eggs or replacer
- 1 cup raisins
- 1 cup chopped nuts
- 2 cups rolled oats
- 1 ½ cups flour

Beat together oil, syrup and salt. Add sugar and beat well. Add eggs and beat well. Add raisins, nuts, oats and flour last. Mix lightly and drop onto greased tray. Bake in a moderate oven until brown, approx. 30 minutes.

Carob Chocolate

- 250g copha
- 1 cup dried milk powder
- 2 heaped Tbsp. carob
- 1 ½ cups icing sugar

Melt copha in a saucepan over a low heat. Then add to icing sugar, milk and carob. Mix all together well. Pour into flat tray and let cool. Vary taste by adding - raisins, nuts, coconut.

Ice Cream

- 4 cups apple juice
- 1 Tbsp. agar agar
- 2 cups milk powder
- vanilla

Add agar agar to 2 cups apple juice and heat until thickened. Cool slightly. Mix milk powder with other 2 cups of apple juice and mix with the apple juice and agar agar. Freeze. When frozen, blend in food processor and return to freezer until required.

Any other fruit juice may be used, or even bananas. To prevent children saying ‘yuck’ to slightly brown banana ice cream add a little carob to make it ‘yum’ brown.

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ABBREVIATIONS AND MEASURES

Abbreviation	Measure	Equivalent Measure
Tsp	Teaspoon	5 ml
Tbsp.	Tablespoon	20 ml
Lt	Litre	1000 ml
cup	250 ml	
	4 cups	1 Litre
	30 ml	1 fluid oz.
	600 ml	1 pint

Oven Temperatures		
	Celsius	Fahrenheit
slow	150	300
medium	180	350
hot	200	400

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TIPS

- If you have a lot of lemons, juice them and freeze the juice in ice block trays. When frozen take out of trays and place in a freezer bag. These can be melted easily for use in cooking, drinks or on a hot day just place one in a glass of water for a refreshing drink.
- When passion fruit is in season, cut and scoop out the pulp and freeze in ice block trays. It is then ready for whenever you want it.
- Sweet potato leaves can be eaten - fresh or cooked - use just like silver beet. They are quite easy to grow if you happen to buy one with shoots on it.
- Sprouting seeds - Place 1 Tbsp. seeds (or grains) in a glass jar with straight sides. Cover seeds with water and let sit for 3 hours. Cover jar with fine net, securing it with a rubber band. Drain the water out and leave jar on its side. Rinse 3 times a day until sprouts have grown to desired size usually 3 - 6 days.
- Butter alternatives - there are several alternatives that vegans can use in cooking instead of butter. Some are Nutolex and soya polyunsaturated margarine. Look for these and other in the fridge with the butters in your supermarket.

- Garlic Spray for garden
 - 1 knob garlic
 - 2 Tbsp. paraffin liquid
 - 1 Tbsp. dish washing detergent
 - 2 cups water

Crush garlic and place in a jar with the paraffin liquid overnight. Mix the detergent and water with it and strain. This liquid is your concentrated garlic spray and must be kept in the fridge. Add 2 Tbsp. of this concentrate to 500 ml water in a spray bottle and spray garden liberally for caterpillars and grasshoppers. You will need to apply this at least every second day or maybe every day.

- Head lice or nit treatment.
 - 100ml vegetable oil
 - 1 tsp eucalyptus oil
 - 1 tsp tea tree oil
 - 1 tsp lavender oil
 - 1 Tbsp. garlic spray for garden (recipe above)

Mix all ingredients together in a bowl. Apply to all the hair liberally. Wrap in a towel and leave for 1 hour. Wash hair with shampoo. This will probably not get all the oil out, but you should see the dead nits coming out. If possible leave the hair in this semi oily state for 2 days. Wash again with shampoo. The nits will be all gone. Change pillow case and towel before you wash the hair each time. There should be no need to wash all bedding. After using this several times I can assure you it works 100% better than any bought treatment.

- Massell Ultracube are all vegetable, all natural, no added MSG, and 2% fat when reconstituted style of stock cube that is available in most Supermarkets near the usual stock cubes.
- Agar Agar - you will find this in a health food shop but it is expensive.
- Sanitarium - a company that produces various health foods - soya milk, marmite, cereals and meat replacement foods. The meat replacement foods can be purchased at most grocery stores either in the health food isle or the tinned meat isle.

- Egg Replacer - there are several types on the market, look in the health food aisle of your supermarket.

Home Remedies:

- Gums bleeding - brush and gargle with salty water. Teeth and gums should only ever be brushed with a soft brush.
- Sore throat - make a mixture of ¼ cup lemon juice and ¼ cup honey and sip.
- Cough - Mix 10 drops of Eucalyptus oil with ½ cup honey. Mix well and suck on ½ teaspoon of this when necessary.
- Chest rub for children - mix 2 parts olive oil with 1 part Eucalyptus oil. Shake and rub on back, chest and neck when child is getting a cold.

Dog Food

250 - 300g pet mince (preferably low fat)
 2 Litre jug of vegetable scraps, (no onions)
 ½ litre jug pasta
 ½ litre jug rice
 pinch salt
 1 Tbsp. mixed herbs
 1 tsp turmeric
 4 Litres water

Place in a large saucepan and cook, breaking up the meat so it does not stick together. This makes 4 - 5 meals for a medium size dog.

All of our dogs prefer this to tinned or dried dog food, and it is much cheaper. They are also very healthy and fit.

Supplement this diet with meaty bones, and occasionally dried food.

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