

### LENTIL SOUP

2 c dry brown lentils  
2 cloves garlic, crushed  
½ c chopped celery  
1 medium onion, chopped  
2-4 T olive oil  
2 c diced carrots  
3 T tomato paste  
2 medium potatoes cut in small cubes  
440g can tomatoes, chopped  
½ t oregano  
½ t savoury  
2 T Celtic sea salt  
2 litres water

Cook lentils in water for approx 40 minutes. Add potatoes and simmer until tender. Add rest of the ingredients and simmer about 30 minutes. Add more water if desired. This soup is delicious by itself, or pour over cooked potatoes, a bed of rice or poured over toast for a quick wholesome meal.

### SUNFLOWER BURGERS

2 c grated carrot or potato  
¾ c mashed firm tofu  
1 c pecans  
2 c sunflower seeds  
1½ c water  
2 T Stock Powder (below)  
2 T tomato paste  
½ c wholemeal or spelt flour  
2 cloves garlic, crushed  
1 small onion, finely chopped  
¾ c soft breadcrumbs  
Celtic sea salt to taste

Blend sunflower seeds and pecans until fine. Squeeze moisture out of grated potato. Place all ingredients in a bowl and mix. Scoop out on an oiled tray and bake at 180°. Turn burgers after 20 minutes and continue cooking until golden brown.

### STOCK POWDER

5 T Celtic sea salt  
1½ T oregano  
¼ t celery salt  
5 T dried parsley  
1½ T onion powder  
2 T sweet paprika  
1½ T basil  
½ t tumeric  
2 T garlic powder

Blend all ingredient together in a dry blender until powder. Seal in a jar and store at room temperature.

### **LASAGNE**

#### ITALIAN-STYLE TOMATO SAUCE

1 medium onion  
2 large cloves garlic  
4 c tomato puree  
3 t honey  
1 T dried parsley  
1 T oregano  
1 T basil  
1 t Celtic sea salt

Chop up the onions and garlic. Sauté them in a little water. Mix in the rest of the ingredients and bring to the boil. If using home bottled tomato puree, this mixture may need to be thickened with cornflour.

#### RICOTTA-STYLE FILLING

1 c water  
½ c raw cashews  
1 T yeast flakes  
1½ T lemon juice  
¼ t onion powder  
1¼ t garlic powder  
2 ¼ t Celtic sea salt  
1 x 300 g tofu (either silken or block tofu)

1 packet lasagne sheets

Blend thoroughly the above ingredients except tofu. Then add mixture to mashed block of tofu.

Layer in a 9"x13" pan tomato sauce, lasagne pasta, ricotta filling, tomato sauce, lasagne pasta, ricotta filling and finishing with the tomato sauce.

ALTERNATIVE FILLING: 1 c water, ¾ c raw cashews, 1 t salt, ¾ t garlic powder, 2 T lemon juice. Bake the lasagne dish for 35-40 mins at 190°.

VARIATIONS: Try using the ricotta filling inside cannelloni pasta, and spread the tomato sauce over the top. Try sprinkling ½ - 1 c sunflower seeds in between the layers of the lasagne.

### **SPLIT PEAS**

2 c split peas  
4½ c water  
2 onions cut fine  
1½ t Celtic sea salt  
¼ t paprika  
¼ t garlic powder  
½ t celery salt or powder

Wash and rinse peas. Place all ingredients in a pot and cook on low heat for about 1 hour or until tender.

### **DANDELION SALAD**

5-6 potatoes, steamed with skin on  
bunch of dandelion, endive, or chickory, chopped (or use any fresh green)  
1-2 cloves garlic crushed  
2-3 T olive oil  
salt to taste (herbamare is good)

Once potatoes are cooked, cool slightly (just enough so you can handle potato) and peel and slice. Place all ingredients in a large bowl and stir through. Serve while still warm.

### **CRUNCH ROSE SALAD**

1 c grated carrots  
1 c grated raw beetroot  
1 c grated raw turnip

Toss carrots, beetroot and turnip together. Add your choice of dressing. Garnish with capsicum.

### **COCONUT PIE CRUST**

1½ c coconut  
2 T wholemeal flour (or corn flour)  
pinch Celtic sea salt  
nut milk (or soy milk or juice)

Combine coconut and flour. Add enough nut milk to bind. Press into pie plate and bake for 12-15 mins at 180°. This tends to burn easily.

### **BUTTERSCOTCH PIE**

¾ cup carrot  
¾ cup water  
¾ cup pitted dates  
3 cups soy milk  
½ tspn salt  
1½ tspn maple syrup  
1 tspn vanilla  
⅓ cup corn flour

Cook carrot in water until tender. While hot, add dates to saucepan and allow to sit until soft. Blend remainder of ingredients adding carrot mixture and blend all ingredients on high until smooth. Place mixture in a saucepan and bring slowly to a boil, cooking until thick. Let cool a little and place in a cooked pie crust. Serve with Soy Cream.

### **SOY CREAM**

1 cup soy milk  
Pinch Celtic sea salt  
1 tablespn honey  
1 teaspn vanilla  
¾ cup rice bran oil

Place first 4 ingredients in a blender and blend on high for about 20 seconds. Drizzle in oil slowly and when all oil is added, blend for an extra minute on high. Turn blender to low and fold in about 1 teaspoon lemon juice. The honey needs to be a gentle flavour eg Yellow box, Citrus. The oil needs to be light in flavour eg rice bran oil.