

### OAT BURGERS

Bring to boil and turn very low

4½ c water

⅓ c soy sauce or 3-4 T dark brown miso

Add

4½ c rolled oats

Turn off heat, allow to cool 5 mins then add

1 onion, chopped

¾ c walnuts / pecans, and/or sunflower seeds chopped

1 T garlic powder

2 t Celtic sea salt

1 t basil (opt)

1 t oregano (opt)

Mix together. This is a sticky mixture and it is best to use an ice cream scoop to place small scoops of mixture on an oiled baking tray and flatten with an egg flip. Another method is to wear wet kitchen gloves as you form the burgers in your hands. Bake covered for 40-45 mins. To keep burgers moist, place still warm burgers in a closed container and allow to cool. They will sweat and soften.

### EGGPLANT-ALMOND PATTIES

2 medium eggplants, chopped (or 1 large)

1 onion

2 cloves garlic, crushed

1 t miso

¼ c wholemeal flour

1 t Celtic sea salt

2 c fresh wholemeal breadcrumbs

1 c ground almonds

Sauté peeled and diced eggplant until tender. Sauté onion and garlic. Mix these ingredients together and mash roughly. Add miso while still warm. Add all other ingredients, mixing well. Form into patties and place on a sprayed baking tray. Bake at 180° for 30 mins. This mixture can be cooked as a loaf and sliced before serving.

You may use any other nuts or seeds to get a different flavour and texture.

### NUT MINCE

⅔ c sunflower seeds

⅔ c oatmeal

⅔ c pecans (or walnuts)

1½ t Celtic sea salt

basil to taste

¼ c chopped parsley

Grind nuts and seeds in the blender. Dry fry these in a frying pan until light brown, approx 10 minutes. Add to your favourite sauce or gravy and simmer for a few minutes. This makes a tasty savoury to use over spaghetti or rice. Use other nuts, seeds or grains for different flavours.

### **PUMPKIN COOKIES**

1½ c cooked pumpkin  
1½ c rolled oats  
¼ c honey  
1 c finely chopped dried pineapple (rinsed and drained)  
½ c chopped walnuts  
½ c coconut  
½ t vanilla  
½ t coriander

Mash the well drained pumpkin, and add the rest of the ingredients. Place on oiled baking tray and bake 180° for 40-45 minutes.

### **BREADCRUMB BROWNIES**

Blend until smooth all except breadcrumbs

1¼ c water  
1 c raw cashews  
½ t vanilla  
½ c honey  
1 t Celtic sea salt  
1 t tahini  
1-2 T light carob powder  
2¼ c soft wholemeal breadcrumbs

Pour into mixing bowl, add breadcrumbs. Mix and pour into baking dish. Bake 180° for 40-45 mins. Chopped walnuts may be added to mixture before baking. Ice with carob fudge frosting

### **CAROB FUDGE FROSTING**

Heat in a saucepan

½ c water  
¼ c dates  
½ t vanilla

Remove from heat and place in whiz to mix, then add

1 T almond butter  
2 T soy milk powder  
pinch Celtic sea salt  
1-2 T light carob powder

Continue to whiz until well mixed. Spread carob fudge frosting over breadcrumb brownies. Sprinkle with chopped nuts.

### **POLENTA CHEESE**

1 cup water  
½ cup polenta (or cornmeal)  
½ cup raw cashews or dry roasted peanuts  
¼ red capsicum or 1 teaspoon of sweet paprika  
1 teaspoon Celtic sea salt  
1 teaspoon onion powder  
¼ teaspoon garlic powder  
1 teaspoon lemon juice  
1-2 tablespoons yeast flakes (optional)

Place all ingredients into a blender and blend for at least one minute until completely smooth. Pour into a small lightly oiled small loaf pan or dish and bake covered at 190 degrees for 45 minutes. Cool and slice for sandwiches or crackers. It can even be grated over a salad.

Make sure the mixture is about 4 cm deep in the pan as this will give the appearance of a block of cheese, as well as having a nice cheesy taste.-

### **HOMMUS**

2 c well cooked chick peas  
2 T tahini  
4-5 T lemon juice  
2 cloves garlic, sliced  
1 T chopped parsley  
1 t Celtic sea salt

Cook the chick peas in salted water. Whiz all ingredients in a food processor, leaving the parsley until last. This may need a little water (or chick pea broth) to get desired consistency. Hommus freezes well.