

Debbie Donald

◆ S O U P ◆

SERVES 6

CREAM OF CARROT SOUP\*\*\*



minute.

to sauce.



water  
2 cups milk  
1 large potato, diced  
½ stick celery, sliced  
440g can creamed corn  
salt to taste

#### SERVES 6

1 medium carrot, diced  
1 large stick celery, diced  
1 small onion, diced  
1 medium potato, diced  
6 cups water  
1 cup cooked red kidney beans  
½ cup Sanitarium Soya Beans  
in Tomato Sauce  
3 tablespoons canned  
Sanitarium Lima Beans  
1½ vegetable Ultracube

- Melt margarine, add flour and cook for 1 minute.
- Mix in water and milk. Heat and stir until thickened.
- Microwave potato and celery on high (100%) in a little water, for approximately 5 minutes or until tender.
- Blend with creamed corn.
- Add corn mixture and salt to white sauce.
- Taste - adjust seasoning if needed.

#### NUTRIENT ANALYSIS (Per Serve)

740 kJ (175 kcal), Protein 6g, Fat 6g, Carbohydrate 25g,  
Cholesterol 3g, Fibre 3g.

### BEAN & VEGETABLE SOUP\*\*\*

- Simmer diced vegetables in water until tender.
- Add beans and seasoning.
- Simmer for approximately 15 minutes.
- Adjust to taste.

#### NUTRIENT ANALYSIS (Per Serve)

345 kJ (85 kcal), Protein 6g, Fat 1g, Carbohydrate 12g,  
Cholesterol 0, Fibre 5g.

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#### SERVES 6

2 tablespoons margarine  
3 tablespoons flour  
2½ cups milk  
4-5 medium carrots, sliced  
1½ cups water  
¼ teaspoon salt

### CREAM OF CARROT SOUP\*\*\*

- Melt margarine, add flour and cook for 1 minute.
- Add milk, heat and whisk to make a thin white sauce.
- Cook carrots in water and blend.
- Add to sauce.
- Add salt. Taste and add additional seasoning if desired.

#### NUTRIENT ANALYSIS (Per Serve)

540 kJ (130 kcal), Protein 5g, Fat 5g, Carbohydrate 15g,  
Cholesterol 5mg, Fibre 4g.

#### SERVES 5

½ medium cauliflower,  
cut in flowerettes  
½ stick celery, diced  
1½ cups water  
¼ teaspoon onion powder  
1 vegetable Ultracube  
3 tablespoons margarine  
4 tablespoons flour  
3 cups milk

### CREAM OF CAULIFLOWER SOUP\*

- Cook cauliflower and celery in water. Add seasonings.
- Melt margarine, add flour and cook for 1 minute.
- Add milk, heat and whisk to make a thin sauce.
- Add sauce to cauliflower mixture.
- Adjust seasoning to taste.

#### NUTRIENT ANALYSIS (Per Serve)

770 kJ (185 kcal), Protein 8g, Fat 10g, Carbohydrate 16g,  
Cholesterol 5mg, Fibre 1g.

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SERVES 5

3 medium potatoes, peeled and chopped  
 1½ cups water  
 2 tablespoons margarine  
 3 tablespoons flour  
 2½ cups milk  
 ¼ teaspoon onion powder  
 ½ 'chicken' Ultracube

**CREAM OF POTATO SOUP\*\***

- Cook potatoes in water and blend.
- Melt margarine, add flour and cook for 1 minute.
- Add milk, heat and whisk to make a thin white sauce.
- Add to potato mixture.
- Add seasoning. Taste and adjust if required.

**NUTRIENT ANALYSIS (Per Serve)**

715 KJ (170 kcal), Protein 7g, Fat 6g, Carbohydrate 21g, Cholesterol 5mg, Fibre 1g.

SERVES 9

1 teaspoon oil  
 1 medium onion, diced  
 1 teaspoon crushed garlic  
 1½ teaspoon coriander  
 1½ teaspoon cumin  
 1 teaspoon ground ginger  
 1 teaspoon turmeric  
 300g dried red lentils  
 ½ medium carrot, grated  
 1 medium tomato, diced  
 6 cups water  
 1 vegetable Ultracube

**CURRIED LENTIL SOUP\*\*\***

- Heat oil and fry onion, garlic and spices.
- Add remaining ingredients and boil until lentils are tender (approximately 30 minutes).
- Taste and adjust seasoning if necessary.

**NUTRIENT ANALYSIS (Per Serve)**

420 kJ, (110 kcal), Protein 9g, Fat 1g, Carbohydrate 13g, Cholesterol 0, Fibre 5g.

◆ S O U P ◆

SERVES 7

¾ cup dry garbanzos (chick peas)  
 ½ medium onion, chopped  
 8 cups water  
 2 medium potatoes, diced  
 ¼ cup uncooked macaroni  
 1 vegetable Ultracube  
 ½ teaspoon salt

**GARBANZO NOODLE SOUP\*\*\***

- **N.B. Soak garbanzos overnight**
- Drain garbanzos and cook in water until tender (20-40 minutes depending on size).
- Add potatoes and onions. Cook until just tender.
- Add macaroni, boil until macaroni has cooked.
- Add seasoning and adjust to taste.

**NUTRIENT ANALYSIS (Per Serve)**

455 kJ (110 kcal), Protein 6g, Fat 1g, Carbohydrate 18g, Cholesterol 0, Fibre 4g.

SERVES 6

2 medium carrots, diced  
 2 medium potatoes, diced  
 1 stick celery, diced  
 340g can asparagus cuts including juice  
 500 ml water  
 salt to taste  
 1 vegetable Ultracube

**GARDENER'S SOUP\*\*\***

- Microwave on high (100%) carrots, potatoes and celery in a little water until tender.
- Combine vegetables with asparagus and juice and blend.
- Add water and seasoning. Heat through.
- Adjust seasoning to taste.

**NUTRIENT ANALYSIS (Per Serve)**

225 kJ (55 kcal), Protein 3g, Fat negligible, Carbohydrate 9g, Cholesterol 0, Fibre 5g.

◆ S O U P ◆

SERVES 7

1½ cups dried red lentils  
6 cups water  
1 medium carrot, diced  
1 medium potato, diced  
1 medium onion, diced  
1 stick celery, diced  
1 cup condensed tomato soup  
½ teaspoon onion powder  
1½ vegetable Ultracubes  
½ teaspoon salt

LENTIL SOUP\*\*\*

- Cook lentils in water until tender, approximately 15 minutes.
- Add vegetables and continue cooking until vegetables are soft.
- Add tomato soup and seasonings and heat through.
- Adjust seasonings as required.

NUTRIENT ANALYSIS (Per Serve)

625 kJ (150 kcal), Protein 11g, Fat 1g, Carbohydrate 23g, Cholesterol 0, Fibre 8g.

SERVES 8

¼ cup uncooked macaroni  
1 small onion, diced  
1 small potato, diced  
¾ stick celery, cut into strips  
1 small carrot, cut into strips  
1¼ litres water  
1¼ cups crushed tomatoes  
80g cabbage, shredded  
½ teaspoon celery salt  
1 tablespoon parsley flakes  
1 teaspoon garlic  
1 vegetable Ultracube

MINISTRONE\*\*\*

- Boil macaroni, drain and set aside.
- Cook vegetables in water until tender.
- Mix all ingredients together and simmer for 5-10 minutes.

NUTRIENT ANALYSIS (Per Serve)

135 kJ (30 kcal), Protein 2g, Fat negligible, Carbohydrate 6g, Cholesterol 0, Fibre 2g.

◆ S O U P ◆

SERVES 6

1 onion, finely diced  
1 leek, finely diced  
4 cups water  
2 potatoes, diced  
1 'chicken' Ultracube  
1 teaspoon celery salt  
½ cup cream

POTATO & LEEK SOUP\*\*

- Saute onion and leek in a little water.
- Add water and potatoes.
- Bring to the boil and simmer until potatoes are just cooked.
- Add stockcube and celery salt.
- Remove half soup mixture and puree.
- Return pureed soup to the remaining unpureed soup and heat.
- Stir in cream. Do not allow to reboil as soup may curdle.

NUTRIENT ANALYSIS (Per Serve)

444 kJ (106 kcal), Protein 2g, Fat 7g, Carbohydrate 8g, Cholesterol 20mg, Fibre 1g.

SERVES 8

1.2 kg pumpkin, diced  
2 small onions, diced  
2 sticks celery, diced  
4 cups water  
1½-2 'chicken' Ultracubes

PUMPKIN SOUP\*\*\*

- Place vegetables in a large saucepan with water and boil until cooked.
- Add seasoning and blend.
- Adjust seasonings.
- Heat and serve.

NUTRIENT ANALYSIS (Per Serve)

360 kJ (85 kcal), Protein 5g, Fat 1g, Carbohydrate 14g, Cholesterol 0, Fibre 3g.

◆ S O U P ◆

SERVES 7

1½ cups dry split peas  
7 cups water  
1 medium onion, diced  
2 sticks celery, diced  
½ small carrot, diced  
1 vegetable Ultracube  
pinch celery salt  
½ teaspoon salt

SPLIT-PEA SOUP\*\*\*

- N.B. Soak split peas overnight.
- Drain split peas and cook in water for 50 minutes or until tender.
- Add vegetables and cook for 20 minutes.
- Add seasoning, bring to a simmer.
- Adjust seasoning to taste.

NUTRIENT ANALYSIS (Per Serve)

635 kJ (150 kcal), Protein 12g, Fat 1g, Carbohydrate 23g,  
Cholesterol 0, Fibre 6g

SERVES 8

1 tablespoon margarine  
4 small leeks, finely sliced  
7 cups water  
1 'chicken' Ultracube  
2 tablespoons tomato paste  
3-4 leaves spinach, finely  
chopped  
½ cup uncooked Soyaroni

SPINACH SOUP\*\*\*

- Melt margarine, add leeks and cook until soft.
- Stir in water, stockcube and tomato paste.
- Simmer for 10 minutes.
- Add Soyaroni and spinach. Simmer until Soyaroni is tender (about 10 minutes).

NUTRIENT ANALYSIS (Per Serve)

200 kJ (50 kcal), Protein 2g, Fat 2g, Carbohydrate 5g,  
Cholesterol 0, Fibre 2g



◆ M A I N ◆

SERVES 4 - 6

- 1½ cups margarine
- 7 large capsicum, cut into julienne strips
- ¼ cup frozen beans, cut on the diagonal
- ¾ cup frozen corn niblets
- 2½ sticks celery, cut into julienne strips
- 1 small carrot, cut into julienne strips
- 5 medium mushrooms
- 1 cup crushed tomato
- 1½ cup (300g) 3 Bean Mix (drained)
- ½ 'chicken' Ultracube.

BEAN & VEGETABLE CASSEROLE\*\*\*

- Melt margarine in a pan and saute onions, green beans, corn, celery and carrots.
- Saute for 5 mins. Do not brown.
- Add remaining ingredients.
- Cook for 5 minutes.
- N.B. Vegetables should be just cooked.

NUTRIENT ANALYSIS (Per Serve)  
450 kJ (110 kcal) Protein 6g, Fat 1g, Carbohydrate 17g,  
Cholesterol 0, Fibre 7g

SERVES 12

- 2 teaspoons margarine
- 1 small onion, finely diced
- 430g can Sanitarium Casserole Mince
- 400g cashew nuts, finely chopped
- ¾ cup dry breadcrumbs
- 4 eggs
- 300 ml milk
- 1 pinch paprika
- ½ teaspoon celery salt
- ¼ teaspoon sage
- ¼ teaspoon salt
- ½ teaspoon soy sauce
- 1 teaspoon dried chopped parsley

CASHEW NUT LOAF\*

- Melt margarine and fry onion.
- Blend Casserole Mince until finely minced.
- Combine all ingredients and mix well.
- Place mixture into a well greased 24 x 20 cm pyrex dish.
- Place in another pan with enough water to come halfway up side of dish.
- Bake at 180°C for 1 - 1½ hours.

NUTRIENT ANALYSIS (Per Serve)  
1180 kJ (280 kcal), Protein 14g, Fat 19g, Carbohydrate 13g,  
Cholesterol 60mg, Fibre 2g

◆ M A I N ◆

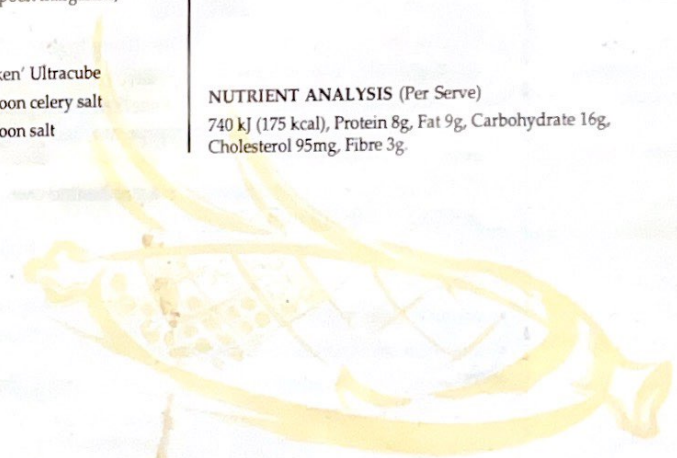
SERVES 8

- 1 tablespoon oil
- 1 small onion, finely diced
- 1 stick celery, finely diced
- ½ capsicum, finely diced
- 440g can corn niblets, drained
- 1 small zucchini, grated
- 1 small carrot, grated
- ½ cup grated cheese
- 5 tablespoons flour
- 1 tablespoon margarine, melted
- 4 eggs
- ½ 'chicken' Ultracube
- ½ teaspoon celery salt
- ½ teaspoon salt

CORNBAKE\*\*\*

- Heat oil and saute onion, celery and capsicum.
- Mix together all ingredients.
- Place into a well greased 24 cm x 15 cm pyrex dish or shallow loaf pan. Place in another pan with enough water to come halfway up side of dish.
- Bake at 175°C for approximately 1 - 1½ hours, until set and browned slightly.
- Remove from oven, allow to stand a short while before serving.

NUTRIENT ANALYSIS (Per Serve)  
740 kJ (175 kcal), Protein 8g, Fat 9g, Carbohydrate 16g,  
Cholesterol 95mg, Fibre 3g



◆ M A I N ◆

SERVES 6

500g potatoes, peeled and diced  
 2 tablespoons milk  
 2 tablespoons vegetable oil  
 1 medium onion, peeled and diced  
 1 medium carrot, finely diced  
 2 sticks celery, sliced  
 ½ red capsicum, seeded and diced  
 ½ teaspoon Sanitarium Marmite  
 1 cup boiling water  
 1 cup Sanitarium TVP Roast Mince  
 ¾ cup boiling water  
 1½ tablespoons wholemeal flour  
 Seasoning to taste  
 1 tablespoon soy sauce  
 1 tablespoon tomato paste  
 Milk for glazing

COTTAGE PIE\*\*\*

- Cook potatoes and mash with milk.
- Heat oil and saute onion, carrot, celery, and red capsicum.
- Dissolve Marmite in 1 cup boiling water and add to the vegetables.
- Cover TVP with ¾ cup boiling water and soak for 10 minutes. Drain, squeeze off and discard the excess liquid. Add to the vegetables.
- Combine flour, seasoning, soy sauce, tomato paste and sufficient extra water to form a paste.
- Mix into the vegetable/TVP mixture. Bring to the boil, stirring all the time. Adjust seasonings.
- Remove from the heat, spoon into a shallow oven-proof 20 cm x 24 cm casserole. Spread or pipe mashed potato evenly over the top.
- Brush lightly with milk and bake in a pre-heated oven at 180°C for 20-25 minutes.

NUTRIENT ANALYSIS (Per Serve)  
 880 kJ (210 kcal), Protein 12g, Fat 9g, Carbohydrate 21g,  
 Cholesterol 0, Fibre 4g

◆ M A I N ◆

SERVES 8

2 teaspoons oil  
 1 large onion, finely diced  
 1 tablespoon margarine  
 ½ tablespoon Sanitarium Marmite  
 ½ cup finely chopped walnuts  
 600g cottage cheese  
 4 eggs  
 4½ cups cornflakes, crushed

COTTAGE CHEESE & WALNUT LOAF\*\*

- Melt margarine and Marmite together.
- Heat oil and saute onion. Remove from heat and add margarine and Marmite.
- Gently mix in remaining ingredients.
- Place into a well greased 24 cm x 20 cm shallow baking pan.
- Bake at 180°C for 1 - 1½ hours.
- Remove from oven, allow to stand for 10 minutes before serving.

NUTRIENT ANALYSIS (Per Serve)  
 1130 kJ (270 kcal), Protein 20g, Fat 14g, Carbohydrate 16g,  
 Cholesterol 100mg, Fibre 2g

SERVES 8

½ cup raw rice  
 1 small carrot, finely diced  
 4 eggs  
 430g can Sanitarium Nutolene, diced  
 350 ml condensed tomato soup  
 ½ teaspoon onion powder  
 2 teaspoons parsley  
 Seasoning if desired

GOLDEN RICE LOAF\*\*\*

- Cook rice and set aside.
- Cook carrots in microwave for 2 minutes.
- Beat eggs, add diced Nutolene, cooked rice, carrots and remaining ingredients.
- Mix well.
- Place in greased 24 cm x 20 cm baking dish and bake at 170°C for 1½ - 2 hours.

NUTRIENT ANALYSIS (Per Serve)  
 925 kJ (220 kcal), Protein 11g, Fat 11g, Carbohydrate 18g,  
 Cholesterol 90mg, Fibre 3g

◆ M A I N ◆

SERVES 5

Pancakes  
makes 10 (2 per serve)

2 eggs  
¼ cup wholemeal plain flour  
¼ cup white plain flour  
pinch salt  
¼ cup water  
1 cup skim milk

Filling

1 small onion, finely diced  
1½ cups cottage cheese  
2 teaspoons parsley flakes

Sauce

½ tablespoon oil  
½ large onion, finely diced  
½ capsicum, finely diced  
1½ cups crushed tomatoes  
1 teaspoon sugar  
¼ teaspoon basil

COTTAGE CHEESE PANCAKES WITH  
TOMATO SAUCE\*\*\*

Pancakes

- Combine all ingredients, set aside for 30 minutes.
- Heat 20 cm non-stick fry pan and fry pancakes in a little oil.

Filling

- Heat a little water in a pan and saute onion.
- Mix in onion with cottage cheese and parsley flakes.
- Spread cottage cheese mixture onto pancakes and roll up.
- Place in greased baking dish and cover with hot sauce.
- Heat for 15 minutes.

Sauce

- Heat oil in pan and saute onion and capsicum.
- Add remaining ingredients and bring to a simmer.

NUTRIENT ANALYSIS (Per Serve)

1200 kJ (290 kcal), Protein 24g, Fat 6g, Carbohydrate 33g,  
Cholesterol 85mg, Fibre 5g.

◆ M A I N ◆

SERVES 4 - 6

200g uncooked fettucine  
2 tablespoons oil  
2 medium onions, cut into  
julienne strips  
2 medium carrots, cut into  
julienne strips  
1 small red capsicum, cut into  
julienne strips  
1 small green capsicum, cut  
into julienne strips  
3 small zucchini, cut into  
julienne strips  
1 tablespoon flour  
1½ cups crushed tomatoes  
1 tablespoon tomato paste  
1 'chicken' Ultracube  
1 teaspoon dried basil

FETTUCINE WITH VEGETABLE  
SAUCE\*\*\*

- Cook fettucine. Refresh under cold water and set aside.
- Heat oil, saute onion and carrot over medium heat for approximately 3 minutes.
- Add capsicum then zucchini. Gently stir-fry for approximately 3 minutes.
- Add flour and stir in for a minute.
- Stir in tomatoes, tomato paste, herbs and seasoning.
- Heat until mixture thickens.
- Reheat fettucine under hot water.
- Serve vegetable sauce over fettucine.

NUTRIENT ANALYSIS (Per Serve)

1010 kJ (240 kcal), Protein 8g, Fat 7g, Carbohydrate 36g,  
Cholesterol 0, Fibre 5g.





SERVES 15

**Gluten mixture**

1 tablespoon Marmite  
 2 tablespoons tomato paste  
 1 'chicken' Ultracube  
 500 ml hot water  
 500 ml cold water  
 2½ - 3 cups gluten flour

**Broth**

2 litres water  
 735g can condensed tomato soup  
 1 bay leaf  
 1 teaspoon mixed herbs  
 1 teaspoon celery salt  
 1 tablespoon Sanitarium Marmite  
 1 'chicken' Ultracube  
 40g packet French Onion soup

**GLUTEN STEAK\*\*\***

- Dissolve Marmite, tomato paste and stock cube in hot water, then add cold water.
- Gently mix in gluten flour until mixture just holds together.
- Allow to stand for 10 minutes.
- Meanwhile mix together all broth ingredients in a large saucepan, and bring to a simmer.
- Shape gluten mixture into a loaf.
- Cut into slices 1 - 1½ cm thick.
- Flatten slices with hand and place into broth.
- Leave in simmering broth for approximately 1 hour.
- Remove from heat, allow to cool.
- Cover; refrigerate steaks in broth overnight.

**Serving suggestions**

- Crumb and lightly fry or bake and serve with steamed vegetables or salad.
- Cut into pieces and use in casseroles or fried rice etc.
- See page 22 Gluten Sesame Steak
- Serve with salad in a roll as vegetarian burger

**NUTRIENT ANALYSIS (Per Serve)**

665 kJ (160 kcal), Protein 14g, Fat 1g, Carbohydrate 22g, Cholesterol 0, Fibre 1g.

SERVES 8

200g (1¾ cups) dry Sanitarium Granola  
 2 cups boiling water  
 ½ tablespoon oil  
 1 medium onion, finely diced  
 1 stick celery, finely diced  
 220g Sanitarium Nutolene, diced  
 1 cup condensed tomato soup  
 4 eggs  
 ½ teaspoon onion powder  
 ½ vegetable Ultracube  
 ¼ teaspoon salt  
 ½ teaspoon mixed herbs

**GRANOLA ROAST\*\*\***

- Pour boiling water over Granola and cover for 5 minutes.
- Heat oil, saute onion and celery.
- Drain Granola and mix together all ingredients.
- Place mix in greased 24 cm x 20 cm baking dish and bake in moderate oven (160°C) for approximately 1½ hours, or until set and browned.
- Serve with onion gravy.

**NUTRIENT ANALYSIS (Per Serve)**

880 kJ (210 kcal), Protein 11g, Fat 9g, Carbohydrate 23g, Cholesterol 90mg, Fibre 3g

SERVES 8

1 small carrot, finely diced  
 500g pumpkin, finely diced  
 1 large potato, finely diced  
 3 eggs  
 ¾ cup wholemeal plain flour  
 1 cup grated cheese  
 1 tablespoon chopped chives  
 pinch nutmeg  
 seasoning to taste

**PUMPKIN & POTATO SLICE\*\*\***

- Microwave or steam vegetables until just tender.
- Whisk eggs and stir in flour.
- Fold in vegetables and remaining ingredients.
- Pour into a greased 24 cm x 20 cm casserole dish.
- Bake at 170°C for approximately 1 hour.

**NUTRIENT ANALYSIS (Per Serve)**

615 kJ (145 kcal), Protein 9g, Fat 5g, Carbohydrate 15g, Cholesterol 75mg, Fibre 3g.

SERVES 4 (3 Per Serve)

2 teaspoons oil  
 1 medium onion, finely chopped  
 250g firm tofu, blended  
 ¼ cup chopped pecans  
 2-3 slices bread, crumbed  
 2 tablespoons flour  
 1 clove garlic, crushed  
 1½ teaspoons soy sauce  
 ½ teaspoon parsley flakes  
 pinch dried basil

**Tomato Sauce**

2 teaspoons oil  
 1 medium onion, finely diced  
 1½ cups crushed tomato  
 ½ teaspoon dried basil  
 ¾ teaspoon sugar

**ITALIAN RISsoles WITH TOMATO SAUCE\*\***

- ◆ Heat oil and saute onion.
- ◆ Combine all rissole ingredients and mix thoroughly.
- ◆ Form into small balls.
- ◆ Oven bake in hot oven for approximately 45 mins or deep fry until crisp.
- ◆ Serve with tomato sauce.

**Tomato Sauce**

- ◆ Heat oil and saute onion.
- ◆ Add remaining ingredients and bring to a simmer.
- ◆ Adjust seasonings as desired.

**NUTRIENT ANALYSIS (Per Serve)**

1050 kJ (250 kcal), Protein 9g, Fat 15g, Carbohydrate 20g, Cholesterol 0, Fibre 4g.

SERVES 5 (2 Each)

¾ x 430g can Sanitarium Savoury Brown Lentils  
 1 tablespoon oil  
 ½ teaspoon crushed garlic  
 1 small onion, finely diced  
 1 spring onion, finely chopped  
 ½ stick celery, finely diced  
 ½ capsicum, finely diced  
 1 small carrot, finely diced  
 ¼ cup cracked wheat  
 ¼ cup finely chopped walnuts  
 1 tablespoon fresh parsley, chopped  
 1½ teaspoons tomato paste  
 1 tablespoon margarine  
 ¾ cup breadcrumbs  
 Pinch basil, oregano and paprika  
 Extra breadcrumbs for coating

**LENTIL WALNUT BURGERS\*\*\***

- ◆ Heat oil and saute garlic and vegetables together until tender.
- ◆ Add remaining ingredients and mix well.
- ◆ Form into burgers. Coat in extra breadcrumbs.
- ◆ Pan fry burgers on both sides until browned.

**NUTRIENT ANALYSIS (Per Serve)**

1020 kJ (243 kcal), Protein 9g, Fat 11g, Carbohydrate 29g, Cholesterol 0, Fibre 6g.

SERVES 8

1 small onion  
 1½ x 430g can Sanitarium Tenderbits, drained  
 2 slices thick sliced wholemeal bread, crumbed  
 4 eggs, beaten  
 ¼ cup cream  
 ¼ teaspoon crushed garlic  
 ¼ teaspoon sweet basil  
 ¼ teaspoon thyme

**TENDERBIT ROAST\*\*\***

- ◆ Vitamise onion and Tenderbits until finely minced.
- ◆ Mix all ingredients together thoroughly.
- ◆ Bake in 20cm x 24cm baking dish at 180°C for approximately 45 minutes.

**NUTRIENT ANALYSIS (Per Serve)**

630 kJ (150kcal), Protein 14g, Fat 6g, Carbohydrate 9g, Cholesterol 100mg, Fibre 1g.

◆ M A I N ◆

SERVES 6

SPAGHETTI MARZETTI\*\*\*

½ cup boiling water  
 ½ cup Sanitarium TVP  
 Roast Mince  
 200g dry spaghetti  
 1 tablespoon oil  
 ½ teaspoon crushed garlic  
 ½ teaspoon onion powder  
 400 ml condensed  
 tomato soup  
 ½ teaspoon basil

- Pour boiling water over TVP, cover and allow to stand for 10 minutes.
- Cook spaghetti in boiling water, drain, rinse under cold running water and allow to stand.
- Heat oil, braise TVP, garlic and onion powder.
- Add soup and basil.
- Combine with spaghetti.
- Heat and serve.

NUTRIENT ANALYSIS (Per Serve)  
 845 kJ (200 kcal), Protein 8g, Fat 4g, Carbohydrate 33g,  
 Cholesterol 0, Fibre 4g.

SERVES 5

TOMATO GLUTEN PATTIES\*\*\*

2 eggs  
 1½ teaspoons Sanitarium  
 Marmite  
 1 cup milk  
 ½ teaspoon mixed herbs  
 ¼ cup gluten flour  
 Oil for frying  
 Broth  
 735g can condensed tomato  
 soup

- Blend together eggs, Marmite, milk and herbs.
- Slowly mix in just enough gluten flour to make a smooth batter.
- Heat oil in a frypan and place tablespoonfuls of batter mixture in pan and brown on both sides.
- Mix together broth ingredients and bring to a simmer in a large saucepan.
- Drop patties in broth and allow to simmer for approximately 45 minutes.

½ cup broth as sauce.

NUTRIENT ANALYSIS (Per Serve)  
 Protein 17g, Fat 4g, Carbohydrate  
 14g, Fibre 3g.

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SERVES 6 - 8

LIMA BEAN AND VEGETABLE  
 HOTPOT\*\*\*

2 tablespoons oil  
 1 medium onion, sliced  
 diagonally  
 2 sticks celery, sliced  
 diagonally  
 1 medium carrot, sliced  
 diagonally  
 2 large zucchini, sliced  
 diagonally  
 3 spring onions, sliced  
 diagonally  
 ¼ small cauliflower broken into  
 small flowerettes  
 ½ cup frozen beans, sliced  
 diagonally  
 ½ teaspoon crushed garlic  
 300g can crushed tomatoes  
 ½ teaspoon dried mint  
 ½ tablespoon dried chopped  
 chives  
 2 teaspoons soy sauce  
 ½ teaspoon paprika  
 ½ tablespoon parsley flakes  
 pinch basil  
 430g can Sanitarium Lima  
 Beans  
 Seasoning to taste

- Heat oil in wok or frypan. Stir-fry vegetables with garlic.
- Add tomatoes, seasonings and herbs.
- Stir in lima beans gently.
- Serve with brown rice.

NUTRIENT ANALYSIS (Per Serve)  
 480 kJ (115 kcal), Protein 5g, Fat 5g, Carbohydrate 12g,  
 Cholesterol 0, Fibre 5g.

SERVES 6 - 8

### SPINACH LASAGNE\*\*\*

1 cup pasta sauce \*  
 2 cups cottage cheese  
 1 cup grated cheese  
 ¼ bunch silverbeet,  
 finely sliced  
 2 tablespoons margarine  
 3 tablespoons flour  
 6 sheets instant lasagne  
 ½ cup grated cheese for  
 topping

- ◆ Heat sauce; add cottage and grated cheese.
- ◆ Microwave silverbeet for approximately 3 minutes on high. Drain well.
- ◆ Melt margarine, add flour and cook for 1 minute.
- ◆ Add margarine / flour mix to sauce and bring to a simmer.
- ◆ Add spinach and mix through.
- ◆ Place a thin layer of sauce in a 24cm x 20cm baking dish.
- ◆ Top with lasagne sheets, then sauce, then lasagne sheets, ending with sauce.
- ◆ Top with extra grated cheese.
- ◆ Bake at 180°C for approx 1¼ hours. Cover with foil for first 45 minutes.
- ◆ \* Use sauce of your choice from supermarket, or home made tomato sauce. (See page 17)

**NUTRIENT ANALYSIS (Per Serve)**  
 1165 kJ, (280 kcal), Protein 23g, Fat 10g, Carbohydrate 21g,  
 Cholesterol 23mg, Fibre 6g.

SERVES 6

### GLUTEN SESAME STEAK\*\*\*

4 uncrumbed gluten steaks  
 (See page 14)  
 ¼ cup honey  
 3 tablespoons sesame seeds  
 1 tablespoon oil  
 1 stick celery, sliced  
 ½ red capsicum, sliced  
 1 medium onion, sliced  
 1 large tomato, diced

- ◆ Cut glutes into strips.
- ◆ Coat gluten with honey and sesame seeds.
- ◆ Heat oil and saute celery, capsicum and onion.
- ◆ Add tomatoes, saute for a minute or two.
- ◆ Add gluten strips to tomato mixture and heat through.
- ◆ Serve with rice or noodles.

**NUTRIENT ANALYSIS (Per Serve)**  
 975 kJ (230 kcal), Protein 14g, Fat 6g, Carbohydrate 30g,  
 Cholesterol 0, Fibre 2g.

SERVES 6 - 8

### NUTOLENE ROAST\*\*\*

¼ x 430g can Sanitarium  
 Nutolene  
 ¼ cup canned spaghetti  
 4 slices bread, crumbed  
 1 medium onion, minced  
 1 teaspoon chopped parsley  
 1 'chicken' Ultracube  
 4 beaten eggs

- ◆ Dice Nutolene.
- ◆ Add spaghetti, breadcrumbs, onions, parsley and seasoning.
- ◆ Add eggs and gently mix.
- ◆ Place in a well greased 20 cm x 24 cm casserole dish.
- ◆ Bake at 160°C for approximately 1¼ hours.
- ◆ Serve with gravy or sauce of your choice.

**NUTRIENT ANALYSIS (Per Serve)**  
 850 kJ (205 kcal), Protein 12g, Fat 11g, Carbohydrate 15g,  
 Cholesterol 105mg, Fibre 3g.

SERVES 8

## MEXICALE PIE\*\*\*

### Filling

- 1 tablespoon oil
- 1 small onion, finely diced
- 1 small red capsicum, finely diced
- ½ garlic clove, crushed \*
- Pinch each of All Spice, Cummin & Paprika
- 430g can Sanitarium Casserole Mince
- ¾ tablespoon tomato paste
- 440g can corn niblets, drained
- 3 tablespoon sliced black olives
- 1 tablespoon Sanitarium Gravy Quick
- 1 teaspoon chopped parsley
- 1 teaspoon chopped chives

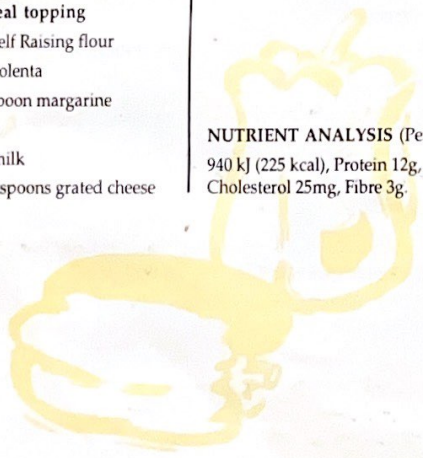
### Cornmeal topping

- ½ cup Self Raising flour
- ½ cup Polenta
- 1 tablespoon margarine
- 1 egg
- 100 ml milk
- 1½ tablespoons grated cheese

- ◆ Heat oil and saute onion, capsicum and garlic.
- ◆ Add remaining filling ingredients and simmer until thick.
- ◆ Adjust seasonings as desired.
- ◆ Place into 23cm square casserole dish.
- ◆ Combine all cornmeal topping ingredients to form a batter.
- ◆ Spread over top of casserole.
- ◆ Bake at 180°C for approximately 1 - 1½ hours.

### NUTRIENT ANALYSIS (Per Serve)

940 kJ (225 kcal), Protein 12g, Fat 7g, Carbohydrate 28g, Cholesterol 25mg, Fibre 3g.



SERVES 8

## MUSHROOM & CORN QUICHE\*

### Pastry

- ¾ cup wholemeal flour
- ¾ cup plain flour
- 4 tablespoons margarine
- 3 tablespoons water

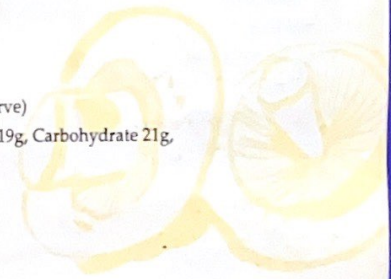
### Filling

- ½ cup creamed corn or niblets
- 3 eggs
- 200 ml cream
- 50 ml Shape milk
- 2-3 medium mushrooms (sliced)
- 1 small spring onion (chopped)
- 2 tablespoons grated cheese
- 1 teaspoon dried parsley
- ¼ 'chicken' Ultracube

- ◆ Rub margarine into flour to give a crumbly texture.
- ◆ Mix in sufficient water to form the ingredients into a smooth pastry.
- ◆ Roll pastry and line a 24cm quiche dish.
- ◆ Spread corn over quiche base.
- ◆ Lightly beat together eggs, cream and milk.
- ◆ Stir in mushrooms, spring onions, grated cheese, parsley and seasoning.
- ◆ Spoon the mixture over the corn in the quiche base.
- ◆ Bake at 160°C for approx 1¼ hours.

### NUTRIENT ANALYSIS (Per Serve)

1190 kJ (285 kcal), Protein 7g, Fat 19g, Carbohydrate 21g, Cholesterol 95mg, Fibre 3g.



SERVES 6

## PEANUT LOAF\*\*\*

- 220g can Sanitarium Nutmeat
- 220g can Sanitarium Nutolene
- 1 medium onion, finely diced
- 4 slices bread, crumbed
- ½ cup sour cream or evaporated skim milk
- 3 eggs
- pinch celery salt
- pinch garlic salt or fresh garlic seasoning to taste

- ◆ Grate or finely dice Nutmeat and Nutolene.
- ◆ Mix all ingredients together.
- ◆ Place in greased 20cm square casserole dish and bake at 170°C for approximately 1¼ to 1½ hours.

### NUTRIENT ANALYSIS (Per Serve)

1090 kJ (260 kcal), Protein 20g, Fat 12g, Carbohydrate 16g, Cholesterol 90mg, Fibre 3g.

SERVES 6 (2 Per Serve)

¾ cup raw rice  
 1 medium zucchini, grated  
 1 small carrot, grated  
 ½ cup corn niblets  
 ½ cup grated cheese  
 2¼ cups cornflakes  
 1 egg white  
 1 clove garlic  
 1 teaspoon dried parsley  
 seasoning to taste

**For crumbing**

½ cup flour  
 1 egg, lightly beaten  
 50 ml milk  
 ½ cup breadcrumbs  
 ½ cup sesame seeds  
 Oil for frying

**RICE & VEGETABLE BALLS\*\*\***

- ◆ Cook rice & drain.
- ◆ Mix all ingredients well except crumbing ingredients.
- ◆ Adjust seasonings if required.
- ◆ Make into 10-12 balls using an icecream scoop.
- ◆ Roll in flour, then mixed milk and egg, then combined breadcrumbs and sesame seeds.
- ◆ Deep fry or oven bake until golden.

**NUTRIENT ANALYSIS (Per Serve)**

1335 kJ (320 kcal), Protein 12g, Fat 9g, Carbohydrate 48g,  
 Cholesterol 35mg, Fibre 4g.

SERVES 8 - 10

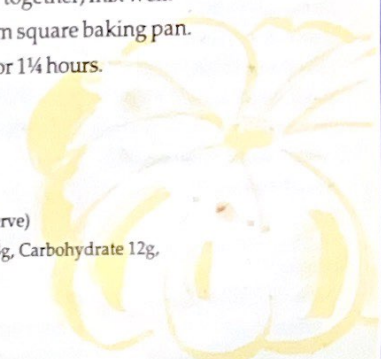
2 teaspoons oil  
 1 medium onion, finely diced  
 1 stick celery, finely diced  
 ½ teaspoon crushed garlic  
 1 medium carrot, finely diced  
 200g pumpkin, finely diced  
 1 medium zucchini, thinly sliced  
 1 medium tomato, diced  
 2 cups drained 3 Bean Mix  
 3 eggs, beaten  
 ½ cup skim milk powder  
 seasoning to taste

**VEGETABLE BAKE\*\*\***

- ◆ Heat oil and saute onion, celery and garlic.
- ◆ Microwave carrot and pumpkin for 4 mins on HIGH. (100%)
- ◆ Combine all ingredients together; mix well.
- ◆ Place into a greased 25cm square baking pan.
- ◆ Bake in moderate oven for 1¼ hours.

**NUTRIENT ANALYSIS (Per Serve)**

469 kJ (110 kcal), Protein 8g, Fat 3g, Carbohydrate 12g,  
 Cholesterol 60mg, Fibre 4g.



SERVES 10

200g hazelnuts  
 2 medium onions, finely chopped  
 1 medium red capsicum, finely diced  
 1 medium green capsicum, finely diced  
 ½ teaspoon lemon thyme  
 2 teaspoons rosemary  
 2 medium zucchini, grated  
 1 cup corn niblets  
 1½ cups breadcrumbs  
 6 eggs

**ZUCCHINI & HAZELNUT SLICE\*\***

- ◆ Grind hazelnuts.
- ◆ Saute onions, capsicums, and herbs in a little water until cooked.
- ◆ Remove from heat and mix in remaining ingredients.
- ◆ Adjust seasoning if required.
- ◆ Place in greased 25cm x 16cm baking dish and bake for approximately 1 hour at 180°C.
- ◆ Served hot, or cold with salad.

**NUTRIENT ANALYSIS (Per Serve)**

1080 kJ (260 kcal), Protein 11g, Fat 16g, Carbohydrate 18g,  
 Cholesterol 110mg, Fibre 4g.

SERVES 6 (2 Per Serve)

- ¼ cup tomato sauce
- 1 tablespoon peanut butter
- ¼ cup boiling water
- 2 cups rolled oats
- ¾ stick celery, finely diced
- 1 small onion, finely diced
- 3 eggs, lightly beaten
- 1 cup milk
- ½ cup walnuts, finely chopped
- ½ cup breadcrumbs
- ½ teaspoon mixed herbs
- 1 tablespoon fresh parsley, chopped
- ½ teaspoon dried sage
- ½ teaspoon salt
- Oil or non-stick spray for frying

**WALNUT CUTLETS\*\***

- ♦ Blend tomato sauce, peanut butter and boiling water.
- ♦ Mix with remaining ingredients, except oil.
- ♦ Allow to stand for an hour or more.
- ♦ Place scoopfuls of mixture into pan and fry in oil or non-stick spray for several minutes on both sides, so that cutlets are cooked through and golden.
- ♦ Serve with a tasty fresh tomato sauce (see page 16)

**NUTRIENT ANALYSIS (Per Serve)**

1180 kJ (280 kcal), Protein 11g, Fat 15g, Carbohydrate 26g, Cholesterol 90mg, Fibre 4g.



SERVES 6-8

- 1 tablespoon oil
- 1 small onion, sliced
- ½ red or green capsicum, sliced
- 1 stick celery, sliced
- 1 large potato, diced
- 1 medium carrot, diced
- 3 teaspoons cumin
- 3 teaspoons coriander
- 1 teaspoon turmeric
- 2 tablespoons margarine
- 2 tablespoons flour
- 200 ml condensed tomato soup
- 100 ml water
- 430g can Sanitarium Casserole Mince
- pinch salt

**VEGETABLE CURRY\*\*\***

- ♦ Heat oil.
- ♦ Saute onion, capsicum, celery, potato and carrot with spices.
- ♦ Add margarine; when melted add flour and cook for 1 minute.
- ♦ Add tomato soup and water and bring to a simmer.
- ♦ Add Casserole Mince and bring to a simmer.
- ♦ Adjust seasoning if necessary and serve with rice.

**NUTRIENT ANALYSIS (Per Serve)**

410 kJ (100 kcal), Protein 8g, Fat 3g, Carbohydrate 10g, Cholesterol 0, Fibre 2g.

SERVES 7 (2 Per Serve)

- ¾ cup raw brown rice
- 1 small onion, finely diced
- 1 medium carrot, finely diced
- ½ stick celery, finely diced
- ¼ cup grated cheese
- ¼ cup cottage cheese
- ¼ cup breadcrumbs
- 2 teaspoons soy sauce

**For coating**

- ¾ cup sesame seeds
- Oil or non-stick spray for frying

**SESAME RICE BALLS\*\*\***

- ♦ Cook rice and drain well.
- ♦ Saute onion, carrot and celery in oil or non-stick spray.
- ♦ Combine all ingredients, except sesame seeds and oil.
- ♦ Scoop into balls.
- ♦ Roll in sesame seeds.
- ♦ Fry until golden.

**NUTRIENT ANALYSIS (Per Serve)**

840 kJ (200 kcal), Protein 8g, Fat 8g, Carbohydrate 25g, Cholesterol 5mg, Fibre 3g.

**SERVES 10**

10 Gluten Steaks (See page 14)  
Vegetable oil or non-stick spray for frying

**For crumbing**

Flour  
2 eggs  
½ litre milk  
Breadcrumbs  
*Blend to make eggwash*

**Apricot Sauce**

700 ml apricot nectar  
3 tablespoons cornflour  
1 tablespoon soy sauce  
½ tablespoon crushed garlic  
½ tablespoon crushed ginger

**VEGETARIAN SCHNITZEL WITH APRICOT SAUCE\*\*\***

- ◆ Crumb steaks, dipping in flour, then egg wash, then breadcrumbs.
- ◆ Heat oil and fry steaks.
- ◆ Serve hot with apricot sauce.

**Apricot Sauce**

- ◆ Blend cornflour with all other ingredients.
- ◆ Heat until mixture boils and thickens.

**NUTRIENT ANALYSIS (Per Serve)**

1420 kJ, (340 kcal), Protein 22g, Fat 4g, Carbohydrate 54g, Cholesterol 35mg, Fibre 3g.

**SERVES 7 (2 Per Serve)**

600g cottage cheese  
1½ cups breadcrumbs  
3 eggs  
1 tablespoon chopped parsley  
1 teaspoon onion powder  
½ teaspoon sage  
Seasoning to taste  
¼ cup gluten flour  
Oil or non-stick spray for frying  
1½ - 2 cups gravy

**COTTAGE CHEESE PATTIES\*\*\***

- ◆ Place all ingredients, except gluten flour, oil and gravy, into a bowl. Gradually add gluten flour. Do not overmix.
- ◆ Form into patties, heat oil (if used) and fry for several minutes on both sides.
- ◆ Place in a pan with gravy.
- ◆ Heat in 170°C oven for 20 minutes.

**NUTRIENT ANALYSIS (Per Serve)**

880 kJ (210 kcal), Protein 23g, Fat 4g, Carbohydrate 18g, Cholesterol 90mg, Fibre 1g.

**SERVES 4 - 5**

430g can Sanitarium Soyabeans in Tomato Sauce  
¼ cup grated cheese  
3 tablespoons skim milk powder  
1½ cups breadcrumbs  
1 teaspoon crushed garlic  
1 teaspoon parsley flakes  
Seasoning to taste

**For Crumbing**

½ cup breadcrumbs  
Oil for frying

**SOYABEAN CROQUETTES\*\*\***

- ◆ Mash beans.
- ◆ Combine all ingredients except crumbing ingredients.
- ◆ Make into croquettes.
- ◆ Toss in extra breadcrumbs.
- ◆ Deep-fry or oven bake until golden.
- ◆ Serve with a tasty tomato sauce. (See page 16)

**NUTRIENT ANALYSIS (Per Serve)**

1380 kJ (330 kcal), Protein 22g, Fat 9g, Carbohydrate 40g, Cholesterol 15mg, Fibre 9g.

**SERVES 5**

200g dry spaghetti  
½ tablespoon oil  
1 medium onion, finely diced  
½ green capsicum, finely diced  
½ red capsicum, finely diced  
400 ml crushed tomatoes  
2 tablespoons tomato paste  
1 teaspoon crushed garlic  
½ teaspoon dried basil  
¼ teaspoon dried oregano  
pinch dried thyme  
pinch salt  
2 teaspoons sugar if needed

**SPAGHETTI WITH FRESH TOMATO SAUCE\*\*\***

- ◆ Cook spaghetti in boiling water, drain and refresh under cold water.
- ◆ Heat oil and saute onion and capsicum until tender.
- ◆ Add remaining ingredients except spaghetti and simmer for 10 minutes.
- ◆ To reheat spaghetti, run through boiling water.
- ◆ Serve spaghetti topped with tomato sauce.

**NUTRIENT ANALYSIS (Per Serve)**

780 kJ (190 kcal), Protein 6g, Fat 2g, Carbohydrate 34g, Cholesterol 0, Fibre 4g.



SERVES 8

## SPINACH PIE\*\*

### Pastry

2½ tablespoons margarine  
½ cup plain flour  
½ cup wholemeal flour  
2 tablespoons water

### Filling

¼ cup raw rice  
7 large leaves silverbeet, finely chopped  
1½ cup grated cheese  
5 eggs  
½ teaspoon onion powder  
½ teaspoon crushed garlic  
pinch salt  
seasoning to taste

### For Glazing

1 teaspoon milk  
1 teaspoon wheatgerm or  
sesame seeds

### Pastry

- Rub margarine into flour with fingertips until crumbly.
- Mix in enough water, to make a dough.

### Filling

- Cook rice; drain.
- Combine all filling ingredients.
- Spread mixture into 24cm x 20cm casserole dish.
- Top with pastry. Brush with milk and sprinkle with wheatgerm or sesame seeds.
- Bake in moderate oven for approximately 40-50 minutes.

### NUTRIENT ANALYSIS (Per Serve)

955 kJ (230 kcal), Protein 12g, Fat 13g, Carbohydrate 17g,  
Cholesterol 125mg, Fibre 2g.



SERVES 6

## SWEET AND SOUR PILAFF\*\*\*

1 tablespoon oil  
1 small carrot, cut on the diagonal  
1 large stick celery, diced  
½ large green capsicum, cut in strips  
½ large red capsicum, cut in strips  
½ teaspoon crushed garlic  
1 small tomato, diced  
1 cup Sanitarium Tenderbits  
1 cup pineapple pieces  
2 teaspoons soy sauce  
¼ cup Sweet & Sour Sauce

- Stir-fry vegetables and garlic in oil until just cooked.
- Add remaining ingredients, mix carefully.
- Heat and serve over boiled rice.

### NUTRIENT ANALYSIS (Per Serve - sauce only)

460 kJ (110 kcal), Protein 6g, Fat 4g, Carbohydrate 14g,  
Cholesterol 0, Fibre 2g.

SERVES 4-6

## CHINESE VEGETABLE STIR-FRY\*\*\*

1 medium onion, sliced  
2 sticks celery, cut on the diagonal  
½ capsicum, cut on the diagonal  
1½ tablespoons oil  
1 medium carrot, cut on the diagonal  
100g frozen cross cut beans  
4 baby corn  
8 button mushrooms (quarter if too large)  
2 tablespoons soy sauce  
½ 'chicken' Ultracube  
Pinch dried coriander

- Saute onion, celery and capsicum in oil for about 4 minutes.
- Add carrots, beans, baby corn, mushrooms, soy sauce and seasoning.
- Cook until just tender.
- Serve over steamed rice.

### NUTRIENT ANALYSIS (Per Serve)

345 kJ (80 kcal), Protein 3g, Fat 6g, Carbohydrate 5g,  
Fibre 3g, Cholesterol 0.



SERVES 10

750g frozen finely chopped spinach  
 1 small onion, finely diced  
 300g Australian feta cheese  
 ¼ cup sour cream  
 1 egg  
 10 sheets filo pastry  
 Melted margarine for brushing filo  
 1 tablespoon sesame seeds

**SPINACH TRIANGLES\*\***

- ◆ Defrost spinach and squeeze out liquid.
- ◆ Heat pan and saute onion in a little water.
- ◆ Crumble feta.
- ◆ Combine all ingredients well, except filo, margarine and sesame seeds.
- ◆ Cut filo lengths in half.
- ◆ Brush single sheet of filo with margarine.
- ◆ Place another sheet of filo on top, brush lightly with margarine.
- ◆ Fold the top left hand corner of filo over to form a neat triangle. Place a tablespoonful of mixture in the centre of the triangle. Fold this straight down once, then across to left hand side and continue until all the strip is folded into a triangle shape.
- ◆ Brush with melted margarine.
- ◆ Sprinkle with sesame seeds.
- ◆ Bake in oven at 200°C (for approximately 10-15 minutes or until golden).

**NUTRIENT ANALYSIS (Per Serve)**

825 kJ (200 kcal), Protein 13g, Fat 12g, Carbohydrate 9g,  
 Cholesterol 40mg, Fibre 4g.

SERVES 12

**Vegetable Sauce**  
 1 medium carrot, finely diced  
 1½ medium onions, finely diced  
 1½ sticks celery, finely diced  
 1 clove garlic, crushed  
 800g can tomatoes, drained & chopped  
 430g can Sanitarium Tenderbits, vitamised  
 ¼ teaspoon basil  
 pinch oregano  
 ½ tbs tomato paste  
 1 teaspoon oil

**Cheese Sauce**  
 200g margarine  
 200g flour  
 1½ litres milk  
 1¼ cups grated cheese  
 pinch salt

10-12 Sheets instant lasagne

**VEGETARIAN LASAGNE\*****Vegetable Sauce**

- ◆ Heat oil and saute carrots, onions, celery and garlic.
- ◆ Mix in remaining ingredients.
- ◆ Simmer for 30 minutes.

**Cheese Sauce**

- ◆ Melt margarine and stir in flour.
- ◆ Cook for 5 minutes, stirring frequently.
- ◆ Gradually whisk in all the milk until smooth and thick.
- ◆ Stir in cheese.
- ◆ Add salt to taste.

**Lasagne**

- ◆ Place a thin layer of vegetable sauce in a baking dish, then lasagne, then remaining vegetable sauce, then lasagne, then cheese sauce, then lasagne, then remaining cheese sauce.
- ◆ Sprinkle top with a little cheese and chopped parsley (optional).
- ◆ Bake at 200°C for approximately 1½ hours or until cooked.

**NUTRIENT ANALYSIS (Per Serve):**

1715 kJ (409 kcal), Protein 18g, Fat 21g, Carbohydrate 38g,  
 Cholesterol 10mg, Fibre 3g.

◆ M A I N ◆

SERVES 6

1½ tablespoons oil or non stick spray  
½ teaspoon crushed garlic  
½ teaspoon crushed ginger  
pinch cumin  
pinch coriander  
pinch tumeric  
2 sticks celery, finely diced  
1 medium onion, finely diced  
1 medium carrot, finely diced  
½ red capsicum, finely diced  
½ green capsicum, finely diced  
430g can Sanitarium Soyabeans in Tomato Sauce  
¾ cup condensed tomato soup  
seasoning to taste

SPICY SOYABEANS\*\*\*

- ◆ Heat oil, add garlic, ginger and spices.
- ◆ Add vegetables and stir-fry.
- ◆ Add remaining ingredients, and heat through.
- ◆ Adjust seasonings.
- ◆ Serve with rice.

**NUTRIENT ANALYSIS** (Per Serve):  
570 kJ, (135 kcal), Protein 7g, Fat 7g, Carbohydrate 12g,  
Cholesterol 0, Fibre 7g.



◆ DESSERT ◆

SERVES 12

800g (4 cups) canned pie apples

Topping

2 tablespoons margarine  
 ½ cup wholemeal plain flour  
 ½ cup rolled oats  
 2 tablespoons chopped walnuts  
 2 tablespoons sesame seeds  
 2 teaspoons cinnamon  
 1 tablespoon brown sugar or artificial sweetener to taste

APPLE CRUMBLE\*\*

- ◆ Place apples in a lightly greased 23 cm square baking dish.
- ◆ Rub the margarine into the flour, mix in the remaining ingredients.
- ◆ Sprinkle over apples.
- ◆ Bake at 180°C for 25-30 minutes or until browned on top.

NUTRIENT ANALYSIS (Per Serve)

460 kJ (110 kcal), Protein 2g, Fat 6g, Carbohydrate 12g, Cholesterol 0, Fibre 2g.

SERVES 12

3 tablespoons margarine  
 ½ cup sugar  
 2 eggs  
 1¾ cups Self Raising Flour  
 200 ml milk  
 ½ teaspoon cinnamon  
 825g can apricots, drained

APRICOT CINNAMON CAKE\*\*\*

- ◆ Beat margarine and sugar on high for 5 minutes.
- ◆ Beat in eggs on high for a further 5 minutes.
- ◆ Fold in sifted self-raising flour, milk and cinnamon.
- ◆ Grease 20cm cake tin, pour in mix and cover with apricots.
- ◆ Bake at 180° for approximately 30 minutes.
- ◆ Remove from oven, cool slightly and turn out onto rack.

NUTRIENT ANALYSIS (Per Serve)

740 kJ (180 kcal), Protein 4g, Fat 5g, Carbohydrate 29g, Cholesterol 30mg, Fibre 2g.

◆ DESSERT ◆

SERVES 4

3 eggs  
 2 tablespoons sugar  
 (or artificial sweetener to taste)  
 ¼ teaspoon vanilla essence  
 2 cups skim milk

BAKED CUSTARD\*\*\*

- ◆ Beat eggs and sugar well.
- ◆ Mix in milk.
- ◆ Pour into 600ml casserole dish.
- ◆ Cook in water bath at 220°C for ¾ hour.

NUTRIENT ANALYSIS (Per Serve)

515 kJ (125 kcal), Protein 9g, Fat 4g, Carbohydrate 14g, Cholesterol 140mg, Fibre 0.

SERVES 2-3

2 tablespoons custard powder  
 2 cups skim milk  
 2 teaspoons sugar  
 (or artificial sweetener to taste)  
 ½ teaspoon vanilla essence

BOILED CUSTARD\*\*\*

- ◆ Mix custard powder with some of the milk to form a smooth paste.
- ◆ Heat the remaining milk to near boiling. Remove from heat.
- ◆ Add paste to milk, stirring constantly.
- ◆ Return to heat and stir until mixture thickens.
- ◆ Remove from heat and add sugar and essence.
- ◆ Allow to cool.

NUTRIENT ANALYSIS (Per Serve)

390 kJ (95 kcal), Protein 6g, Fat negligible, Carbohydrate 18g (with sugar), Cholesterol 5mg, Fibre 0.

◆ DESSERT ◆

SERVES 12

170g margarine  
 ¾ cup sugar  
 2 eggs  
 4 bananas, mashed  
 2¼ cups plain flour  
 1½ teaspoons baking powder  
 ¼ teaspoon bicarbonate of soda  
 3 tablespoons milk

**BANANA LOAF\***

- Cream margarine and sugar.
- Add eggs and beat.
- Add bananas and sifted dry ingredients. Mix well.
- Lastly mix in milk.
- Pour into greased and lined 24cm x 14cm loaf tin.
- Bake in 180°C oven for approximately 1 hour.

**NUTRIENT ANALYSIS (Per Serve)**

1210 kJ (290 kcal), Protein 5g, Fat 13g, Carbohydrate 40g, Cholesterol 30mg, Fibre 2g.

SERVES 10

1¼ cups wholemeal plain flour  
 2 cups unprocessed bran  
 2 teaspoons baking powder  
 ¼ teaspoon allspice  
 2 eggs  
 400 ml skim milk  
 3 teaspoons oil  
 ¾ cup chopped dates

**BRAN MUFFINS\*\*\***

- Preheat oven to 200°C.
- Mix the flour, bran, baking powder and allspice together.
- Beat the eggs, milk and oil together and add together with the dates to the dry ingredients, stirring only sufficiently to mix evenly.
- Fill well greased muffin tins and bake for approximately 20 minutes or until cooked and browned.
- **N.B. Muffins will be tough if beaten for too long.**

**NUTRIENT ANALYSIS (Per Serve)**

700 kJ (166 Kcal), Protein 8g, Fat 4g, Carbohydrate 26g, Cholesterol 40mg, Fibre 10g.

◆ DESSERT ◆

SERVES 12

**Pastry**  
 1 cup Self Raising flour  
 1 cup wholemeal plain flour  
 150g margarine  
 ½ cup sugar  
 ¼ cup water

**Filling**  
 4 cups strained stewed apples  
 1½ cups (200g) frozen loganberries or other berries  
 ¼ cup sugar  
 1½ tablespoons cornflour  
 1½ tablespoons custard powder

**BERRY AND APPLE SLICE\*\***

**Pastry**

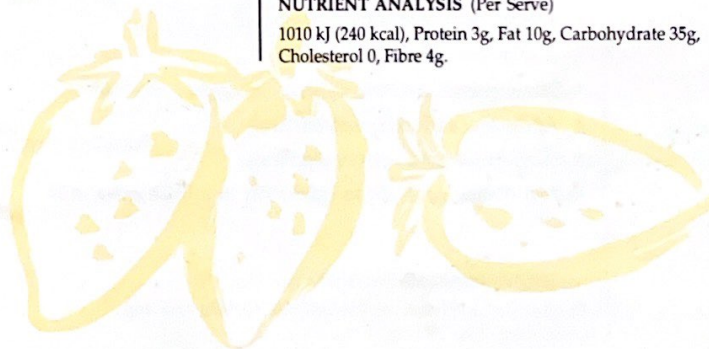
- Rub margarine into flour and sugar until crumbly.
- Add water to make a workable dough.
- Line 25cm square pie dish with half the pastry.
- Blind bake at 220°C for approximately 10 minutes.

**Filling**

- Place apples, berries and sugar in a saucepan and heat.
- Bring to a simmer, stirring continuously.
- Blend a little water with the cornflour and custard powder.
- Add thickening to fruit mixture. Stir and allow to simmer for several minutes until mixture is thick.
- Pour fruit mixture over pastry base.
- Roll out remainder of pastry and cover the fruit.
- Place in 200°C oven until pastry is cooked and brown.
- Allow to cool and dust with icing sugar.
- Serve with whipped cream if desired.

**NUTRIENT ANALYSIS (Per Serve)**

1010 kJ (240 kcal), Protein 3g, Fat 10g, Carbohydrate 35g, Cholesterol 0, Fibre 4g.



◆ DESSERT ◆

SERVES 12

1 cup oil  
1 cup raw sugar  
4 eggs  
3 cups grated carrot  
2 cups wholemeal plain flour  
1½ teaspoons baking soda  
1 teaspoon cinnamon  
1 teaspoon vanilla

**Frosting**

125g butter  
½ cup castor sugar  
125g Philadelphia Light cream cheese  
1½ tablespoons lemon juice  
½ cup walnuts, chopped

**CARROT CAKE\***

- Cream oil and sugar.
- Mix in remaining ingredients.
- Pour into greased and lined 20cm round cake tin.
- Cook at 180°C for approximately 45 minutes.

**Frosting**

- Cream butter and sugar until light.
- Slowly add cream cheese.
- Add lemon juice.
- Spread evenly over cake and top with walnuts.

**NUTRIENT ANALYSIS (Per Serve)**

2050 kJ (490 kcal), Protein 7g, Fat 36g, Carbohydrate 37g, Cholesterol 80mg, Fibre 4g.

SERVES 2 - 3

3 cups skim milk  
½ cup white rice  
1 tablespoon sugar (or artificial sweetener to taste)  
½ teaspoon vanilla essence

**RICE CUSTARD\*\*\***

- Heat milk in double boiler until hot.
- Add rice to milk.
- Stir over medium heat until rice is cooked.
- Add sugar and vanilla essence.
- Serve hot or cold with stewed fruit.
- **N.B. When cool, if too thick, stir in a little extra milk.**

**NUTRIENT ANALYSIS (Per Serve)**

940 kJ (225 kcal), Protein 11g, Fat negligible, Carbohydrate 44g, Cholesterol 10 mg, Fibre 1g.

◆ DESSERT ◆

SERVES 12

**Pastry**

⅔ cup Self Raising flour  
⅓ cup wholemeal plain flour  
3 tablespoons margarine  
2 tablespoons water

**Filling**

50g apricot jam  
250g margarine  
1 cup sugar  
1½ cups milk  
4 eggs  
1½ cups Self Raising flour  
½ teaspoon cinnamon  
¼ teaspoon mixed spice

**DUTCH TART\***

**To make pastry**

- Rub margarine into flour until crumbly. Add just enough water to make a workable dough.
- Roll out pastry and line a 25cm square pie plate.
- Blind bake.
- Brush pastry with jam.
- Cream margarine and sugar.
- Add milk, beaten eggs and sifted dry ingredients. Mix gently.
- Place mixture on top of jam.
- Bake for approximately 1 hour at 180°C.
- When cool dust with icing sugar and serve.

**NUTRIENT ANALYSIS (Per Serve)**

1575 kJ (375 kcal), Protein 6g, Fat 22g, Carbohydrate 40g, Cholesterol 60mg, Fibre 1g.

SERVES 3-4

85g jelly crystals  
100 ml boiling water  
100 ml cold water  
1 cup cold skim milk

**MILK JELLY\*\*\***

- Dissolve jelly crystals in boiling water.
- Add cold water and allow to cool but not set.
- Mix in cold milk.
- Pour into dishes and place in refrigerator to set.
- Serve with fresh or stewed fruit.

**NUTRIENT ANALYSIS (Per Serve)**

430 kJ (105 kcal), Protein 4g, Fat negligible, Carbohydrate 23g, Cholesterol negligible, Fibre 0.

◆ DESSERT ◆

SERVES 4

1 tablespoon low joule orange jelly crystals  
¼ cup boiling water  
¾ cup evaporated skim milk  
8 passionfruit

ORANGE & PASSIONFRUIT WHIP\*\*\*

- ◆ Dissolve jelly crystals in boiling water.
- ◆ Warm evaporated skim milk.
- ◆ Remove pulp from passionfruit.
- ◆ Mix all ingredients together well.
- ◆ Pour into dessert bowls.
- ◆ Refrigerate until required.

NUTRIENT ANALYSIS (Per Serve)

350 kJ (85 kcal), Protein 8g, Fat negligible, Carbohydrate 11g, Cholesterol negligible, Fibre 6g.

SERVES 8

100g margarine  
½ cup sugar  
3 eggs  
Few drops vanilla essence  
350g smooth ricotta cheese  
¾ cup Self Raising flour  
¼ cup raisins

RICOTTA & RAISIN FLAN\*

- ◆ Cream margarine and sugar.
- ◆ Beat eggs and vanilla and add to margarine/sugar mixture.
- ◆ Mix in ricotta, then fold in flour and raisins.
- ◆ Place in a lightly greased 20cm round baking tin and bake in a 175°C oven for approximately 40 minutes or until set and lightly browned.
- ◆ Cool and serve with a pureed fruit sauce.

NUTRIENT ANALYSIS (Per Serve)

1160 kJ (280 kcal), Protein 8g, Fat 16g, Carbohydrate 25g, Cholesterol 85mg, Fibre 1g.

◆ DESSERT ◆

SERVES 8

2½ tablespoons margarine  
1 cup castor sugar  
3 eggs  
1 cup Self Raising flour  
100 ml milk  
3 bananas, thinly sliced

STEAMED BANANA PUDDING\*\*

- ◆ Cream margarine and sugar well.
- ◆ Separate eggs, beat in yolks.
- ◆ Stir in flour, add milk and thinly sliced bananas.
- ◆ Whisk whites of eggs until stiff; stir lightly into the rest of the ingredients.
- ◆ Pour mix into well greased 15cm x 14cm pudding basin.
- ◆ Steam for 1½ hours.
- ◆ Serve warm with custard.

NUTRIENT ANALYSIS (Per Serve)

1155 kJ (275 kcal), Protein 5g, Fat 7g, Carbohydrate 48g, Cholesterol 70mg, Fibre 2g.

SERVES 5

2 tablespoons jelly crystals  
1 cup boiling water  
1½ cups drained canned apricots  
200g natural low fat yoghurt  
Apricots for garnish

FRUIT WHIP\*\*\*

- ◆ Dissolve jelly crystals in a little boiling water, then add remaining water.
- ◆ Refrigerate until partially set.
- ◆ Drain liquid from apricots.
- ◆ Puree apricots, yoghurt and half-set jelly.
- ◆ Pour into dessert bowls.
- ◆ Place in refrigerator to set. Garnish with half an apricot.

NUTRIENT ANALYSIS (Per Serve)

195 kJ (50 kcal), Protein 4g, Fat negligible, Carbohydrate 6g, Cholesterol negligible, Fibre 1g.

◆ DESSERT ◆

SERVES 10

1½ cups Self Raising flour  
2 tablespoons margarine  
¾ cup milk

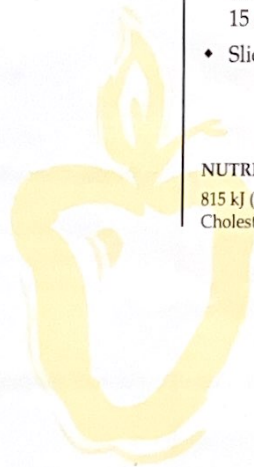
To spread: Raspberry jam  
1 apple - peeled, quartered  
and sliced  
¼ cup sultanas  
1 teaspoon mixed spice  
1 teaspoon cinnamon  
1 tablespoon margarine  
½ cup sugar  
1¼ cups water

FRUIT ROLY POLY\*\*

- ◆ Preheat oven to 220°C.
- ◆ Rub margarine into flour until crumbly. Mix in milk to make a scone-like dough. Divide into two.
- ◆ Roll one piece of dough to approximately the length and width of a lamington pan. Repeat with second piece of dough.
- ◆ Spread each piece of dough with jam, sliced apple, sultanas and spices.
- ◆ Fold in edges, then roll up like a swiss roll.
- ◆ Place edge side down in lamington tin.
- ◆ Boil margarine, sugar and water together to make syrup.
- ◆ Pour syrup over rolls in pan.
- ◆ Bake for approximately 30 minutes, basting with syrup after 15 minutes.
- ◆ Slice into rounds and serve with custard.

NUTRIENT ANALYSIS (Per Serve)

815 kJ (195 kcal), Protein 3g, Fat 5g, Carbohydrate 35g,  
Cholesterol negligible, Fibre 1g.



◆ DESSERT ◆

SERVES 6

Base

1 cup biscuit crumbs  
2 tablespoons butter

Filling

¾ cup sugar  
1 tablespoon margarine  
3 cups milk  
½ cup cornflour  
¼ cup water  
3 eggs  
200 ml lemon juice  
3 teaspoon lemon zest

Topping

2 tablespoons margarine  
2 tablespoons sugar  
2 tablespoons plain flour  
½ cup coconut  
2 tablespoons biscuit crumbs

LEMON DELIGHT\*

- ◆ Mix together biscuit crumbs and butter till crumbly, then line 24 x 20 cm sweet pan. Place in refrigerator.
- ◆ Bring ¾ cup sugar, 1 tablespoon margarine and milk to the boil. Allow to cool for 5 minutes.
- ◆ Dissolve cornflour in water.
- ◆ Immediately add beaten eggs, lemon juice and zest and beat in.
- ◆ Pour on top of crumb base.
- ◆ Allow to cool.
- ◆ Combine all topping ingredients and mix well.
- ◆ Sprinkle over filling.
- ◆ Bake in oven at 220°C for approximately 15 minutes or until brown on top.

NUTRIENT ANALYSIS (Per Serve)

1860 kJ (445 kcal), Protein 9g, Fat 23g, Carbohydrate 54g,  
Cholesterol 80mg, Fibre 1g.





◆ DESSERT ◆

SERVES 12

500g Philadelphia Light Cream Cheese  
150 ml skim milk  
¾ cup castor sugar  
2 eggs  
500g frozen loganberries  
3 tablespoons cornflour  
2 tablespoons water

### LOGANBERRY SLICE\*\*

- ◆ Combine all ingredients except berries, cornflour and water and blend until smooth.
- ◆ Pour mix into 20 x 25cm baking dish and bake at 160°C for approximately 1 hour or until set. Allow to cool.
- ◆ Heat berries and thicken with cornflour (dissolved in water). Spread over baked cheese mixture.
- ◆ Cool and serve.

**NUTRIENT ANALYSIS** (Per Serve)

690 kJ (165 kcal), Protein 5g, Fat 8g, Carbohydrate 19g, Cholesterol 30mg, Fibre 3g.

SERVES 8

5 tablespoons sago  
2 cups hot milk  
¾ cup margarine  
½ cup sugar  
3 eggs  
1 cup breadcrumbs  
1 cup sultanas  
¾ teaspoon bicarbonate of soda  
½ teaspoon mixed spice

### SAGO PLUM PUDDING\*

- ◆ Cook sago in hot milk in a double boiler, stirring frequently until well cooked. (approximately 30 minutes).
- ◆ Beat margarine and sugar, beat in eggs.
- ◆ Mix in remaining ingredients.
- ◆ Steam in a 15 cm pudding tin for 1½ hours.
- ◆ Serve warm with custard.

**NUTRIENT ANALYSIS** (Per Serve)

1570 kJ (375 kcal), Protein 6g, Fat 20g, Carbohydrate 45g, Cholesterol 70mg, Fibre 1g.

◆ DESSERT ◆

SERVES 6

2 tablespoons gelatine  
3 tablespoons water  
600 ml milk  
1 egg (separated)  
½ cup sugar  
½ teaspoon vanilla essence

### SPANISH CREAM\*\*\*

- ◆ Soak gelatine in cold water.
- ◆ Dissolve over boiling water or microwave on high for 4-5 seconds. Set aside.
- ◆ Warm milk.
- ◆ Beat egg yolks and sugar. Add milk.
- ◆ Cook custard mixture in double saucepan until mixture coats the back of a wooden spoon. (Do not allow to boil).
- ◆ Cool slightly and add warm gelatine, stirring until well mixed. Add vanilla.
- ◆ Stiffly beat egg whites.
- ◆ When mixture is beginning to set, fold in stiffly beaten egg whites.
- ◆ Pour into dessert dishes.
- ◆ Place in refrigerator to set.
- ◆ Serve with stewed fruit.

**NUTRIENT ANALYSIS** (Per Serve)

490 kJ (120 kcal), Protein 8g, Fat 1g, Carbohydrate 20g, Cholesterol 35mg, Fibre 0.

◆ DESSERT ◆

SERVES 8 - 10

4 large cooking apples  
3 tablespoons sultanas  
¾ cup water  
2 eggs, separated  
1½ cups wholemeal Self  
Raising flour  
1¼ teaspoons mixed spice  
¾ cup skim milk  
¾ teaspoon vanilla essence  
1½ tablespoons margarine,  
melted

SWISS APPLE CAKE\*\*\*

- ◆ Peel, core and slice apples.
- ◆ In a saucepan combine apples, sultanas and water.
- ◆ Cook apples until tender. Drain off excess water.
- ◆ In a clean bowl, beat egg whites until stiff peaks form, then add the egg yolks and beat thoroughly.
- ◆ To the egg mixture, add the sifted flour and mixed spice alternately with the combined milk, vanilla essence, margarine and ½ apple mixture. Fold through thoroughly until all ingredients are combined.
- ◆ Spread cake mixture evenly in a greased 20cm round cake tin.
- ◆ Place remaining apple evenly over top of cake mixture.
- ◆ Bake at 180°C, for approximately 45 mins.
- ◆ Allow to cool and then serve.

NUTRIENT ANALYSIS (Per Serve)

710 kJ (170 kcal), Protein 6g, Fat 4g, Carbohydrate 28g,  
Cholesterol 40 mg, Fibre 5g.



◆ DESSERT ◆

SERVES 10-12

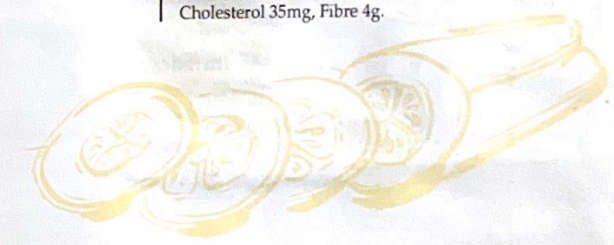
2¼ cups wholemeal  
plain flour  
1 teaspoon cinnamon  
1 teaspoon baking powder  
½ cup margarine  
1 cup castor sugar  
2 eggs  
200g natural low fat yoghurt  
½ cup chopped raisins  
1½ medium zucchini, grated  
¼ cup chopped walnuts  
2 tablespoons sunflower seeds

RAISIN AND ZUCCHINI LOAF\*

- ◆ Sift flour, cinnamon and baking powder.
- ◆ Cream margarine and sugar until sugar is dissolved.
- ◆ Add eggs, one at a time, beating well between each addition.
- ◆ Fold in yoghurt, then raisins, zucchini and walnuts.
- ◆ Add 1 tablespoon of sunflower seeds and sifted ingredients.
- ◆ Pour into greased and lined 23cm loaf tin.
- ◆ Sprinkle top with remaining sunflower seeds.
- ◆ Bake at 160°C for approximately 1½ hours or until cooked.

NUTRIENT ANALYSIS (Per Serve)

1300 kJ (310 kcal), Protein 7g, Fat 14g, Carbohydrate 40g,  
Cholesterol 35mg, Fibre 4g.



◆ DESSERT ◆

SERVES 12

PINEAPPLE COCONUT FLAN\*

Pastry

- 100g margarine
- 2/3 cup Self-Raising flour
- 2/3 cup wholemeal Self-Raising flour
- 3 tablespoons sugar
- 2-2 1/2 tablespoons water

Coconut layer

- 2 1/2 cups milk
- 1 1/2 cups water
- 2/3 cup sugar
- 2 tablespoons margarine

A

- 2/3 cup cornflour
- 6 tablespoons water

B

- 2 teaspoons vanilla
- 2 1/2 cups coconut

C

Pineapple layer

- 800g crushed pineapple
- 2/3 cup cornflour
- 2/3 cup water

Pastry

- ◆ Rub margarine into flour and sugar until crumbly.
- ◆ Add water to make a workable dough.
- ◆ Line deep 25cm square pan with pastry and blind bake at 220°C until cooked, approximately 10-15 minutes.

Filling

- ◆ Bring A to the boil.
- ◆ Thicken with B.
- ◆ Remove from heat and fold in C.
- ◆ Spread evenly over pastry shell and chill.
- ◆ Heat pineapple, mix cornflour with water, add to pineapple and cook until thick and simmering. Allow to cool.
- ◆ Spread thickened and cooled pineapple over coconut layer.
- ◆ Served with whipped cream if desired.

NUTRIENT ANALYSIS (Per Serve)

1650 kJ (400 kcal), Protein 5g, Fat 21g, Carbohydrate 50g, Cholesterol 0, Fibre 5g.

or eat a small amount only if you are watching your fat intake.

◆ For flavouring we use Ultracubes (Masse<sup>1</sup>). These are free from animal products and MSG and are low in gluten. They are available from supermarkets.

◆ Dried herbs have been used in the recipes, but you can substitute fresh herbs if you have them available. Use one tablespoon of chopped fresh herbs instead of one teaspoon of dried herbs. Pots of fresh herbs make colourful decorations for the kitchen, and can be rotated with others in the garden if your kitchen does not get a lot of light.

◆ Making healthy food choices which taste good is an important part of caring for your body. We hope that these recipes will help you eat a variety of healthy, enjoyable meals.

1. Masse Pty Ltd. 3/13 Hoyle Avenue, Castle Hill NSW 2154. Phone (02) 899 9122

Further information on vegetarian eating can be obtained from:

Food Services and Dietetics Department  
 SYDNEY ADVENTIST HOSPITAL  
 185 Fox Valley Road  
 Wahroonga 2076  
 Telephone (02) 487 9754  
 Facsimile (02) 489 2990

or

Nutrition Education Service  
 SANITARIUM HEALTH FOOD COMPANY  
 146 Fox Valley Road  
 Wahroonga NSW 2076  
 Telephone (02) 487 1711



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