

Tofu cucumber dip

Ingredients

- 350g Nutrisoy firm tofu, blanched, drained
- 2 Lebanese cucumbers, scrubbed, de-seeded, diced and lightly salted
- 3 tbsp safflower oil
- 2 tbsp lemon juice or vinegar
- 1/4 tsp sea salt
- 1 tbsp fresh dill
- A pinch of black pepper

Blend all ingredients except cucumber; chill. Mix in cucumber just before serving.

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DIY with Melrose, Healthy Organic Salad Dressings

Fat Free Dressing

Mix lemon or lime juice with chopped, fresh herbs such as parsley, coriander or dill. Add Melrose Organic Apple Cider Vinegar to taste.



Hint: Melrose Organic Balsamic Vinegar makes a delicious salad dressing, and requires no preparation. It contains only organic balsamic vinegar (sulphites) and caramel.



Creamy Dressing

Try a healthy coleslaw or potato salad with Melrose Organic Sunflower Mayonnaise. It contains no dairy or eggs, so it's cholesterol-free and suitable for vegetarians. Try mixing our mayonnaise with a ripe avocado for an easy dip.



Quick Tip: Melrose Organic Sunflower Mayonnaise can also be used as a condiment for fish and chips or as a dressing on prawn salad. By adding a small amount of Melrose Macadamia Nut oil to the mayonnaise, gives it a pleasant nutty flavour.

www.melrosehealth.com.au
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Hors d'oeuvres at short notice

For healthy delicious starters that look like you have spent hours in the kitchen, try Tartex organic vegetarian pates which not only promise a hearty taste but also a low-calorie healthy snack!

These purely vegetarian cholesterol-free spreads contain organic ingredients such as herbs, spices and vegetables, there are no meats, animal fats, colourings, preservatives or additives. And it is good news for Coeliac disease sufferers as these pates are made of gluten-free raw materials.

Simply spread them from the tin on crackers, toast, wholemeal bread or use in sandwiches.



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Walnut Oil Cake

Ingredients

- 3 eggs
- 1 cup sugar
- 1 cup walnut oil
- 1 cup walnut or hazelnut liqueur
- 1½ cups flour
- 2 tsp baking powder
- ¾ cup walnuts, chopped and lightly toasted
- butter for greasing



Method

Preheat oven to 180°C. Generously butter a 22cm pan. Whip eggs in an electric mixer on high speed. Gradually add the sugar and beat for 4 minutes or so until mixture is light. Reduce speed to low and mix in walnut oil and walnut (or hazelnut) liqueur. Sift flour and baking powder together three times. Fold into first mixture in three batches. Fold walnuts into batter, pour into pan and smooth surface. Place cake on centre rack of preheated oven. Bake for 35 to 40 minutes until toothpick comes out clean. Do not over bake or the cake will become dry. Remove from oven and cool on rack for 10 minutes. Turn out onto rack and let cool completely. Serve with lightly sweetened fresh fruit (such as raspberries, strawberries, bananas or peaches) and whipped cream or ice cream.



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Visit www.wellwood.com.au for recipes starring walnuts and walnut oil!