

Pulses of Life Cooking Class

Healthy Lunch-box Snacks - Boris Drljaca

Snow Balls

INGREDIENTS

- ▶ 100 grams ground walnuts
- ▶ 100 grams ground almonds
- ▶ 100 grams figs or dates, finely chopped
- ▶ 3 teaspoon carob powder
- ▶ 1/2 teaspoon cinnamon
- ▶ 1 ripe banana
- ▶ 1/2 cup desiccated coconut.

INSTRUCTIONS

1. In a large bowl, mixed the walnuts, almonds, figs, carob and cinnamon together.
2. Mash the banana with a fork and add to the mixture in the bowl.
3. Form small ball and roll in the coconut.
4. Cook in the fridge or serve immediately

Vegetable Burritos with Sunflower Spread

INGREDIENTS

- ▶ 1 cup sunflower seeds
- ▶ 1 teaspoon each of cumin, garlic powder, curry powder, ground sesame seeds.
- ▶ 1/2 teaspoon paprika
- ▶ 1/2 teaspoon sea salt
- ▶ 1/4 cup water
- ▶ tortilla wraps
- ▶ Vegetables of your choice: salad green, carrots, onions, tomato slices, sliced bell peppers

INSTRUCTIONS

1. Warm the tortilla wraps in the oven
2. Blend together the sunflower seeds, water and seasonings.
3. Make up your burritos with the vegetables.

NEXT COOKING CLASS:

WEDNESDAY 22 MARCH, 7.15 TO 8.45 PM

Prayer

We thank You Lord for all you give;
the food we eat, the lives we live;
Help us all to live our days
With thankful hearts and loving ways. Amen