

Pulses of Life Cooking Class

Pavel and Cristina Nour

Walnut Spread

INGREDIENTS

- ▶ ½ cup of walnuts
- ▶ 2 slices of bread
- ▶ ⅛ teaspoon salt
- ▶ 1 clove of garlic
- ▶ 3 or 4 tablespoons soy milk
- ▶ 1 tablespoon fresh parsley

METHOD

1. Place the walnuts, bread, salt and garlic into a blender or kitchen aid. Blend until very smooth.
2. Gradually add the soy milk and blend to the desired consistency of the spread
3. Add the parsley and blend together for a few more seconds.

Serve as a sandwich spread or cracker dip. Enjoy

Wheat Bran Crackers

INGREDIENTS

- ▶ 2 cups white wheat flour
- ▶ ½ cup wheat bran
- ▶ 1 tsp salt
- ▶ ½ cup nuts or seeds (optional)
- ▶ ¼ cup olive oil
- ▶ ½ cup water

METHOD

1. Mix the first five ingredients together until the oil is well mixed with the flour. Then add the water gradually obtain a dough. Knead the dough until is it no longer sticks to your hands.
2. Cover the dough in a plastic bag and allow it to rest at room temperature for at least 15 min. Roll out the dough no thicker than 5mm and cuts to the shape you like the most. Bake until they reach a golden colour. These crackers can be a substitute for biscuits or yeast breads. There are a very good food for longer journey. Store in an airtight container.

Potato and Parsley Bake

INGREDIENTS

- ▶ 1 portion of the **Wheat Bran Cracker Dough**.
- ▶ 2 potatoes thinly sliced. Enough to coat the base of your baking tray
- ▶ 1 cup sunflower seeds or cashew nuts
- ▶ 1½ cup water
- ▶ ½ teaspoon salt
- ▶ 2 or 3 cloves of garlic
- ▶ 2 tablespoons lemon juice
- ▶ 3 or 4 tablespoons parsley
- ▶ ½ teaspoon turmeric, optional

METHOD

1. Cover the base of your tray with the cracker dough
2. Layer on the potato slices.
3. Blend together the sunflower seeds, water, garlic, lemon juice and seasonings
4. Pour the mixture on top of the potatoes and bake in the oven

A Traditional Children's Prayer

“God is great, God is good.
Let us thank Him for our food.
By His hands, we are fed.
Give us, Lord, our daily bread.
Amen.