

SUNFLOWER SEED BUTTER

This is as tasty as peanut butter, but a much healthier option and ideal for children's sandwiches.

- 1 cup sunflower seeds
- 4 cup raw honey

Dry-toast the sunflower seeds by stirring them in a thick-based pan on medium heat for 3 to 5 minutes, until lightly browned. Grind the seeds in a power blender or spice mill into a fine powder and then mix with the honey to form a clear paste. Add a little water if too thick and difficult to spread. Store in a glass jar in the refrigerator.

JERUSALEM TOFFEES

These lovely chewy and tasty toffees are a real treat and healthy too!

2 cups fresh or dried dates, pitted
Preheat the oven to 200°C. Cut each date in half. Spread them out on a baking tray and bake for 7 to 10 minutes. Shake the tray once or twice, to prevent burning. Once cooled, they should be chewy like toffees. Store in an airtight container.

CASHEW DIP

- 100 g raw cashew nuts
- 200 ml Greek or plain yoghurt
- 1 spring onion, trimmed and thinly sliced
- 2 tsp extra-virgin olive oil
- pinch paprika
- sea or herbal salt and pepper to taste

Dry-toast the cashew nuts by stirring them in a thick-based pan on medium heat for 3 to 5 minutes, until lightly browned. Grind the seeds in a power blender or spice mill into a fine powder. Mix the nuts into the yoghurt. Stir the spring onion and oil into the mixture and add salt and pepper to taste. Transfer the dip to a small bowl and sprinkle with paprika. Serve with carrot and cucumber sticks, for dipping.

Recipe book: Natural Medicine Magazine's Wholefood Cook Book by Heidi du Preez and Karen Werge Tilney will be launched soon. See www.naturalnutrition.co.za

CHOCOLATE SMOOTHIE - serves 3

Smoothies made with seeds or nuts, are balanced with proteins to make this the ideal snack to take to school.

- 4 cup sunflower seeds
- 1 to 2 tbsp carob powder
- 1 peeled banana
- 4 to 6 pitted dates
- 2 cups water

Place all the ingredients in a power blender and blend until smooth.

TRAIL MIX

- 2 cups raw nuts - like pecan, cashew, almonds and macadamia nuts
 - 1 cup seeds - like sunflower and pumpkin seeds
 - 1 cup chopped sulphur-free dried fruit - like cranberries, apricots, apples, mango and pineapple
 - 1 cup raisins and/or chopped dates (optional)
 - 1 cup dried shredded coconut (optional)
 - 1 cup carob or raw cacao nibs (optional)
- Mix all the ingredients together and store in an airtight container.

SARDINE SPREAD

- 1 can (120g) sardines with skin and bones, drained well
- 1 tbsp freshly-squeezed lemon juice
- 1 tbsp finely grated onion
- 1 tbsp tahini
- 1 tbsp finely chopped parsley
- pinch sea or rock salt

Combine all the ingredients and mash with a fork until well blended. Serve on whole wheat crackers, corn or rice cakes or rye toast.