

Eggplant Tart - Special Treat

1 large eggplant roasted & skin removed
100g of 70% or 85% dark chocolate
1 large banana

1/4 cup dates soaked in 1/3 cup boiling water
1/4 cup cacao powder
1/2 cup almond meal
1 cup walnuts crushed
2 tablespoons almond butter

In a large mixing bowl combine almond meal, crushed walnuts, almond butter, & press into a small biscuit tray lined with baking paper.

Melt chocolate in a double boiler.

Puree eggplant flesh with banana, dates & water, and cacao until smooth.

Pour this mixture into melted chocolate & gently combine.

Pour over the pre-prepared base & refrigerate until set.

Baba Ganoush

1 roasted eggplant
1 roasted whole garlic
1 tablespoon tahini
Juice of 1/2 a lemon
Herbamare

Roast eggplant whole by poking the skin with a fork a few times then place on a baking tray & bake for about an hour at 180 degrees - until soft.

Garlic will only need about half an hour.

When cool enough to handle, remove eggplant skin and place the flesh from the eggplant into food processor.

Squeeze out the garlic and add all the other ingredients.

Blitz until smooth.



Eggplant Pizza Stack

1 eggplant

1 tablespoon tomato paste

1/2 onion finely chopped

8 button mushrooms finely chopped

1 red capsicum finely sliced

Sliced olives

fresh basil leaves

nutritional yeast

Herbamare

Slice eggplant into 1 cm thick slices, rub with a teaspoon of coconut oil & sprinkle with herbamare.

Place on baking tray & bake in a moderate oven until cooked.

Meanwhile saute the chopped vegetables in about 1/4 cup water until tender.

Plate the eggplant, spread with tomato paste, saute'd vegetables & fresh basil leaves.

Ratatouille

1 red chilli if desired

3 cloves garlic

1 onion

1 eggplant

1 zucchini

1 red capsicum

4 tablespoon tomato paste

1 can of crushed tomatoes or

4 large tomatoes diced

1 can of green lentils rinsed well

Herbamare to taste

Put onion, garlic & chilli at the bottom of the saucepan, then tomatoes, then the rest of the vegetables and top with green lentils.

Cook on low until vegetables are cooked