

English Afternoon Tea

Healthy Raisin Scones: makes 12 scones (pictures back of top tier)

Preheat oven to 425F

1 cup rice milk or coconut milk add 1 tsp apple cider vinegar (this will sour it) set aside

In large bowl add:

- 2 cups flour (any mixture of unbleached multi grain)
- 3 tbsp maple syrup
- ½ tsp baking soda

Cut into the flour mixture 1/3 cup coconut oil using a pastry cutter or forks

Add ½ cup organic raisins and stir in milk (do not over stir this)

Turn onto a floured board then knead until it makes a soft ball, cut into two and pat each out onto a baking dish so that they are about 1" thick – cut into 6 sections like slicing a pie, brush with some of the milk and sprinkle with cinnamon

Bake for 12-15 minutes in a 425F oven until they rise and are golden

Almond Butter & Banana Sandwiches: (pictured front of 2nd tier)

Method: makes about 2 cups

You will need a Champion or Green Star juicer to make the almond butter – use the solid blank screen.

Put a bowl under the spout to catch the mixture as it comes out:

- 1 cup almonds (that have been drained)
- 4-6 dates
- 2-4 tbsp. coconut oil

Put the above through the juicer alternately – then pour ½ cup water through and mix everything up to make a crunchy-type nut butter.

Serving suggestions:

“Peanut Butter & Banana” sandwich – use the almond butter to make an open faced sandwich slicing your banana very thin as seen in the photo below. You can use a thin pita bread as we did or to make this all raw try using Flax crackers.

“Peanut Butter & Jam” sandwich – spread the almond butter on toast then take raw berries and using your blender puree it into a raw berry jam – drizzle the jam over the almond butter. (Jam pictured in front of 3 tiered tea plate)

Old Fashioned Cucumber Sandwiches (pictured back of 2nd tier)

Serving size: 2-4 quarters per person

You will need some good multi-grain bread thinly sliced, or this can be done with Multi-grained Pita-Pockets (make sure you read the label to get the best bread product possible) or better yet make you own bread (you will find a good bread recipe in the cooked food section).

Sandwich:

- 1 English Cucumber (if using field cucumbers peel first)

Slice them thinly and put aside (I used the V-Slicer® Plus, my plastic mandoline)

Nut “Cheese” Spread: makes 2 cups (pictured also in zucchini boats on bottom left plate)

Soak your seeds and nuts overnight (or 8 hours). This will release the inhibitor that is naturally found in them so that it will be easier for your body to digest them and absorb the nutrition.

Put all the following ingredients into your food processor

- ½ cup pecans
- 1 clove of garlic
- ½ cup sunflower seeds
- 1 tbsp. lemon juice
- ¼ cup nutritional yeast

Process on high until well mixed and smooth. Store in a glass container in your fridge.



Dill Dressing: makes ½ cup

Blend the following ingredients until mixed well (I used my Tribest® Personal Blender)

- 2 tbsp. lemon juice
- 2 tbsp. extra virgin olive oil
- 2 tbsp. chopped dill weed
- 1 tsp. garlic powder

Assemble your sandwich by spreading your bread with the nut cheese spread on both sides, or this could be an open-faced sandwich. Place thinly sliced cucumbers over the nut cheese and cover with another slice of bread. You could also use a raw hummus. Enjoy!

Red Pepper & Plum Chutney: makes 2 cups (on cucumber slices right of bottom tier)

Put the following into a food processor and pulse until chunky:

- 1 sweet red pepper
- 2 plums (pitted)
- 2 tbsp white sweet onion
- 2 thin slices of ginger root

Use this chutney on flax crackers or sliced cucumbers.

Carob Macaroon Cookies: makes 2 dozen (pictured front of top tier)

Soak your nuts and seeds for 1-2 hours for best results

Put the following into your food processor and blend well:

- 1 cup of each: pecans and sunflower seeds
- ¾ cups organic pitted dates
- 1 ½ cups unsweetened coconut
- ¼ cup raw carob powder

Pat a spoonful into heart shaped muffin tins about ½ inch thick then dehydrate for 1-4 hours at 105F

English Trifle: this makes a party sized bowl for 6-8 people (pictured on table bottom left)

It is best to assemble this dessert the same day you are going to serve. You need a Dehydrator to make these.

Flax Layer: these can be kept unfilled in a sealed container for many weeks if they are dried until crisp. Soak following in a large bowl of distilled water for 1-2 hours:

- ½ cup of each: hazelnuts, sunflower seeds and Brazil nuts
- 1 coconut from the shell chopped into pieces

Process the following in your food processor scraping the side so the mixture is well mixed:

- ½ cup fresh pineapple or mango
- 2 apples (chopped)
- ½ cup raisins or dates
- 2-4 thin pieces of fresh ginger root (depending how spicy)
- 1 tsp of each: cinnamon and nutmeg
- the drained nut/coconut mixture above
- ½ to ¾ cups freshly ground flax seed

Stir well adding more flax-seed so that it is not runny – spoon into muffin tins so the mixture comes up the side just a little (to make a small cup-like container) – put into Dehydrator at 105F for 4-6 hours so that you can take them out of the tins then place them back in the Dehydrator for another 4-6 hours until crisp

Pineapple Cream Filling: put the following in your food processor (or a blender can be used)

- 3 ripe avocados peeled and sliced
- 3 ripe bananas peeled and sliced
- 1 cup pineapple pieces
- ½ cup coconut
- ¼ cup maple syrup

Assemble your trifle with 1 layer of each of the following:

- 1) Creamed pudding
- 2) Flax layer
- 3) ½ cup of mixed berries
- 4) Thinly sliced bananas

Blend until smooth. Keep cool until ready to use.

Repeat the layers a second time if your bowl is deep enough then keep in fridge until ready to serve

Here are some more suggestions for Afternoon Tea below

Afternoon Teatime



Menu

Openfaced
Carrot/Zucchini
Sandwiches →

Nutbutter &
Banana Flower
Sandwiches →

Mushroom/Tomato
Openfaced Sandwiches (top tray)

Tomato/Cucumber on Flax Wraps
with Basil Pesto (top tray)

Broccoli/Cabbage Slaw with Avocado Dressing

Carob Avocado Pudding with Mixed Berries
(see picture and recipe below)



I feel that Afternoon Tea is a lovely tradition that can be used to entertain family in the middle of the day to fill the gap of time after breakfast and before supper. All the recipes here are vegan and gluten free. We served all of these treats with a comforting Lemon Ginger tea or Fresh Mint tea and both of these can be served hot or cold. Turn the page to find the recipes for the tea sandwiches so you too can have a healthy afternoon teatime.

Carob Avocado Pudding: makes 2 cups

Put the following in your food processor and blend until nice and creamy:

- 1 of each: ripe avocado & banana (peeled and diced)
- ¼ cup raw carob powder
- 2 tbsp maple syrup

Once creamy put in fridge to keep it cold until ready to layer this with mixed berries with chopped pecans & coconut. We used raspberries, blueberries and strawberries.

