



בשול עם שמחה



Quinoa and applesauce breakfast pancakes

Relatively low GI, these offer a pleasant change from oat-based cereal or porridge. This recipe does include some wheat flour, but could perhaps be adapted to use gluten-free flour.

Ingredients

- 3/4 cup of Quinoa grains
(rinsed in seive under running water)
- 1/2 cup wholemeal flour
- 1 tsp baking powder
- 1 heaped tsp ground cinnamon
- 1/2 level tsp ground nutmeg
- 1/8 tsp ground cloves
- 1 TBS Fructose or Xylitol
- 200gm (approx) unsweetened apple sauce
(2/3 of small can or home-made)
- 2 small eggs
- 1 cup (approx) low-fat milk
- 2 TBS vegetable oil
- 1 tsp vanilla extract

Preparation

- ◆ Very easy to make - just whisk everything together in a large bowl.
- ◆ Cook about 1/4 cup at a time in a lightly oiled frypan on moderate heat.
- ◆ If necessary, adjust thickness of mix with a little more milk, until it spreads out easily into thin pancakes, about half the size of the pan.
- ◆ Cook one side until bubbles appear and the pancake is just firm enough to be lifted and turned over. Then about 2 min on the other side.
- ◆ Serve with a squeeze of lemon juice or whatever you prefer.

See: www.koanga.org.nz/pages/chenopodiaceae.html for more info about Quinoa (pron. Kin-wah). Ed.

Somali Homework Club Update

The coordinator of the Somali Homework Club, Hussein Abdullah Sheikh, and the Vice-President of the Somali Council, Mohamud Daar, met with a small group of Jewish Community members at Temple Sinai on 26 July to discuss how the Jewish Community could assist.

The Wellington Somali community is small, with about 800 people, most of whom arrived in NZ in the last three to five years. Most are refugees who have had their education interrupted, often for significant periods of their educational career. Many are in single-parent families.

Given their situation, education and employment opportunities lag behind those of the general population. Hussein established the club to give these kids a boost and help them catch up.

The Somali Homework Club has operated for the last 18 months or so, with roughly 20 secondary-age students attending the two sessions per week that run on Tuesday and Friday from 4 – 6 pm, on site at Wellington High School. The club is open to students who are not Somali, and attracts members from several secondary schools. Students bring their own homework

to the club. They don't have access to the Wellington High School Library, and access to the Computing Lab is patchy, although most students have computers with Internet at home.

The club is currently facing a lack of volunteers, especially ones who can attend on a regular basis over a sustained period of time. Volunteers with beginning and advanced Maths or Science experience are most needed, although English experience is useful as well.

Students seem to particularly like to work with younger volunteers in the 17-30 age range. Seventh formers and university students would be especially encouraged to get involved, but any regular help would be very much appreciated.

Please get involved if you're interested in doing your bit to make the world a better place (Tikkun Olam).

For more information, contact either:

Hussein Abdullah Sheikh – 021 147 9192

email – sheikhhus@student.vuw.ac.nz or

Dave Moskovitz – 027 220 2202

email – president@sinai.org.nz



Habo weekly meetings
Sundays, 12.30 to 2.30 pm.
Call Tamsyn 021 203 9734
wellington@hdnz.org (page15)

Hebrew Books Needed!

Copies of *Prayerbook Hebrew The Easy Way* are still needed for the Absolute Beginners Hebrew class! If anyone has a copy we can buy or borrow (either green or the later blue edition OK) please contact Hilary Phillips on **475 8720**.