

Vegetable Lasagne

1/2 a butternut pumpkin
 1 teaspoon of Natrim Coconut Oil
 Tomato & Herb Sauce (see recipe this page)
 1 cup of cooked spinach
 2 onions sliced and sautéed in water
 10 gluten free lasagne sheets
 Yoghurt Topping (see recipe this page)
 1 cup of grated Mozzarella cheese - low fat
 1/4 cup of grated Parmesan cheese

Peel, clean and slice the pumpkin into 1.5cm slices. Brush both sides with Natrim Coconut Oil and bake in a moderate oven until cooked.

Grease a baking dish approximately 28cm x 18cm.

Place in ingredients in layers in the following order:-

Cooked pumpkin
 1/2 Tomato & Herb Sauce
 Layer of lasagne sheets (5 sheets)
 Spinach
 Onions
 Remaining Tomato & Herb Sauce
 Layer of lasagne sheets (remaining 5 sheets)
 Yoghurt Topping
 Mozzarella Cheese
 Parmesan Cheese

Bake in a moderate oven until cooked.

Serves 8-10

Serve with a fresh garden salad
 Will keep in the fridge for 2-3 days after baking
 Cut into serve size pieces and freeze.
 May be assembled 1 day ahead and stored in the fridge until ready to bake.
 For variety, replace pumpkin, spinach or onion with vegetables of your choice.



Vegetable Lasagne. This lasagne can be made with vegetables of your choice, Tomato and Herb Sauce and Yoghurt Topping.

Tomato & Herb Sauce

2 cans of organic tomato pieces (approx 410g cans)
 1/10 teaspoon of WonderFoods Stevia Powder
 1 teaspoon of garlic powder
 1 teaspoon of onion powder
 1 teaspoon of dried oregano
 1 teaspoon of dried parsley
 1 teaspoon of dried basil
 1 teaspoon of miso paste
 1 bay leaf

Combine all the ingredients in a saucepan. Make sure the miso paste has dissolved and simmer for 30 minutes.

This sauce can be used as a sauce for pasta, vegetables or meat. Make extra and freeze.

Yoghurt Topping

2 cups of non fat yoghurt
 3 eggs
 1 tablespoon of dried parmesan cheese— low fat
 1 teaspoon of garlic powder (optional)
 1 teaspoon of onion powder (optional)
 1 teaspoon of dried parsley

Mix all the ingredients together and place on the top of pasta, vegetables or casserole before baking. Top with your choice of cheese.

This dish needs to be cooked (baked) before eating.
 Yoghurt Topping may be stored in the fridge 1 day before baking.
 Freezes well once cooked.

Cravings

A craving is a biochemical urge.

Sugar Cravings – maybe caused by a deficiency in protein or chromium or maybe due to fluctuating blood sugar.

Salt Cravings – maybe caused by adrenal stress, muscular disorders, high blood pressure or diabetes.

Sour Cravings - maybe caused due to the body detoxifying decaying protein.

In general, cravings can be caused by **food allergies or Candida**.

Flavour, taste, aroma, texture and temperature of foods may also cause cravings.

It is important to discuss your cravings with your Natrim Health Clinician.

Natrim Hint No 1

When using coconut oil in baking make sure all the other ingredients are at least 18° C. When coconut oil is mixed with refrigerated ingredients it will solidify and will not mix with the other ingredients.

Natrim Hint No 5

Curbing the Cravings

You can reduce cravings. Have a PMU drink; eat a small portion of white chicken meat or ask your Natrim Health Clinician for help.