



Yogic Diet

Fruit, Nut & Vegetable diet

Nut Roast

- 1 small celeriac
- 1 small swede
- 3 large potatoes
- 1 onion
- 3 cups of ground nuts
- Olive oil

Peel, dice and cook the vegetables.

Fry the onions in the oil.

Mash vegetables.

Add onions to vegetables and then stir in nuts.

Season to taste with pepper and herbs of own choice.

Cook at 180 degrees for about 30 minutes.