

## bed & broccoli

...a very special vegan experience

[www.bedandbroccoli.com.au](http://www.bedandbroccoli.com.au)

# IRON

Lack of iron means lack of oxygen. Here are just a few foods high in iron. These are best consumed raw or slightly steamed.

Almonds  
Cashew  
Peanuts & Other Nuts  
Asparagus  
Blackberries  
Dates  
Pumpkin Seeds  
Sundried Fruits  
Bananas  
Radish  
Hot Red Peppers  
Spinach  
Wild Rice  
Blackstrap Molasses  
Kelp  
Leeks  
Parsley  
Sesame Seeds  
Strawberries  
Tofu



## 5 Minute Nut Roast

A Recipe by Nikki Medwell

500 grams mixed nuts  
300 grams silken tofu  
1 onion cut into four  
1 tablespoon mixed dried herbs  
2 tablespoons freshly chopped parsley

1. Preheat oven to 180°C
2. Process nuts in a food processor until finely chopped - empty into a large mixing bowl
3. Add tofu, onion & herbs to the processor and combine until onion is chopped - pour into mixing bowl
4. Using your hands, combine all the ingredients
5. Oil a 12cm x 22cm loaf tin and add contents
6. Smooth over the surface & bake for 50 minutes until golden & firm
7. Turn onto a serving tray & allow to sit for 10 minutes before slicing
8. Cut into thick slices & serve with roast vegetables and gravy